

JUNE 2016 www.fhm.com.ph

#fhmRAD

# FHM

**THE COMMUNE OF  
YOUNG  
MARTYRS**

**A THEORY  
OF FILM  
INDEPENDENCE BY  
BRILLANTE  
MENDOZA**

**METHODS  
OF THE  
MASTERS OF  
MEMORY**



SUMMIT  
MEDIA

**A NEW LEVEL OF GAME  
RACHEL ANNE DAQUIS**









**PETROL**



# PREMIUM UTILITARIAN DENIM

NEW FARMERS PLAZA ⊗ FAIRVIEW TERRACES ⊗ ROBINSONS PLACE MANILA ⊗ FESTIVAL MALL ALABANG ⊗ MARKET MARKET TAGUIG  
PAVILION MALL ⊗ THE DISTRICT IMUS ⊗ HARBOR POINT SUBIC ⊗ STA. LUCIA MALL ⊗ MARQUEE ANGELES ⊗ AYALA CENTER CEBU  
ROBINSONS GALLERIA CEBU ⊗ ROBINSONS PLACE ROXAS ⊗ CENTRIO CAGAYAN DE ORO ⊗ THE DISTRICT BACOLOD ⊗ ABREEZA DAVAO  
⊗ AND ALL LEADING DEPARTMENT STORES NATIONWIDE ⊗

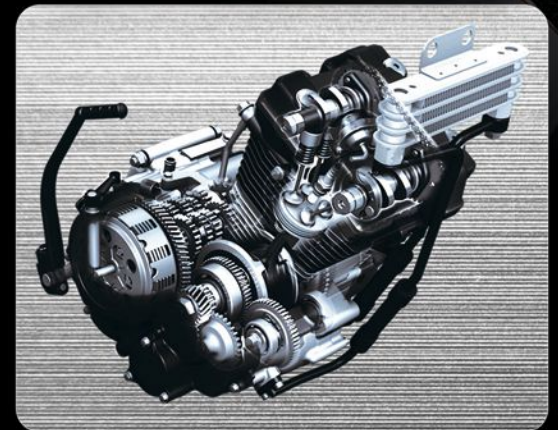




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Promo Period: April 1 - June 30, 2016 Per DTI IV-A Permit No. 12-491 series of 2016.



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-Zepha

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**FULL FACE HELMET**



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# MAKE YOUR MOVE

When the situation needs you to be on point, a real man reaches for his jeans.

**T**here's an old adage that goes, "A good pair of jeans can get you laid." While we wish this meant your trusty denim can actually do the talking for you, we aren't quite there yet. We do, however, have the next best thing: Freego's Hyperflex Jeans don't just stretch, they return to their original shape after wearing. That means they'll fit you like a glove, get eyes on you all night like nothing else, and get you ready to do the job again the next day. Why does wearing a plain white tee and crisp jeans get people weak at the knees? Well, that's because a perfectly fitting pair of jeans never goes out of style.







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### 3. HYPER SAND

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Freego Hyperflex Jeans come in three colorways. They're not just about tech, they're also about style and giving you all you need to accomplish your look. Even if you wear your clothes with confidence, there's no use looking tough if your tools aren't up for the challenge. Freego Hyperflex Jeans are definitely up for the job.

**FREEGO**  
HYPERFLEX  
JEANS





# TATTOOS

## AFTER DARK

SUNDAYS

7:05 PM



# The ART OF

*the art of everyday*  
SEASON 2

SUNDAYS

8:00 PM



# BREW DOGS

SEASON 2

SUNDAYS

8:55 PM



**JACK.**

THIS IS HOW WE PLAY IT



# CONTENTS

## FEATURES

### 62 SILENCED HEROES

They were young, patriotic, and fearless, and were murdered for it

### 68 MIND TRICKS

How mnemonics will save your ass in class every time

### 72 A DYING BREED

When was the last time you called someone on the landline? Read a book on paper? Waited patiently?

### 74 UPGRADE YOUR SKILLS

Your weird hidden talent has a place in the world

### 80 RAYANNE LOPEZ

Show her the beauty of going rough

## COVER STORY

### RACHEL ANNE DAQUIS

She's on the next level and not slowing down anytime soon





June 2016

# CONTENTS



## VERGE

### 14 TAKE OFF!

We science the shit out of flight

### 18 A GUIDE TO DANK MAYMAYS

Read and be enlightened

### 20 COMIC STRIP: REALITY BITES

Wake up, bro, college is way over

## PULSE

### 22 IBA YATA ANG INDIE!

Direk Brillante Mendoza on how Pinoy films shine globally

### 25 BACK ON THE GROOVE

Resuscitated Blue Jean Junkies has their rhythm again

### 28 KEIKO NECESARIO

Because love ain't all about heartbreak

## GENT

### 30 THE FRIENDZONED CROONER

Bullet Dumas on savoring pain

### 32 GETTING IT ON WITH GAMER CHICKS

We teach you the right geek moves

### 34 HOW TO PIMP YOUR RIDE...

...to make it worthy of sexytime

## FITS

### 31 PRESTO

Let nostalgia cloud your shoe purchase this month

### 32 SQUAD GOALS

Dress like a team, and, hopefully, win like a team

### 34 ROADTRIP

Always look like you came from the high street

## BOOST

### 105 THE ART OF FOOD AGING

How old is too old?

### 108 BUFF UP, YA LIMP NOODLE!

Five exercises that can turn you into a demigod

### 109 THE CARD GAME NINJA

Beat the crap out of your friends in poker

### 112 LAND GRABBER

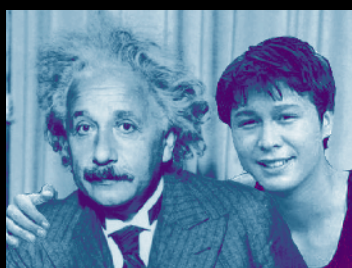
How to find the right property to invest in

### 114 MOTOR

Level up your Mazda 2, Toyota Innova and Honda Civic

### 116 GREEN AMORE

Don't do drugs



PHOTOGRAPHY: ARTU NEPOMUCENO, KURT ALVAREZ, EJAY LEUNG





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that excites

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- Sport Roll Bar with Lamp
- Under Rail Bedliner



## Digong is the new president. If you're a minor, you have to be home by 10 p.m. Look up 'curfew'

If you're out drinking, you're going to have to finish up by 1 a.m. Don't even think about driving home. If you're the bar manager, you're going to have to call the last order by midnight—and maybe institute the new Happy Hour at 2 p.m., to make up for lost revenue.

If you're smoking, smoke where you can't be seen in public. Hope the *takatak* boys won't be driven out of the streets, denying you of the little pleasures.

And—this is my favorite—if you're singing death-mongering volume-shattering videoke out in the open streets, be done by 10 p.m., or else the soon-to-be-formed National Videoke Offenders Silencing Squad will silence you for good, and there will be no human rights violations.

Of course, none of these have happened yet, but Digong says he'll do it. It will only be a matter of time.

I've been thinking about what it will be like for us under a Duterte presidency. His "change is coming" campaign theme has really resonated with the public, giving him the highest number of votes ever given to a person running for President in our political history. People want order and discipline, and they see Digong giving it to them.

Thing is, there is also that bit in human nature that likes order and discipline *only* when it doesn't encroach on their own small freedoms. And this is where the true test lies: If we are really serious about big changes, then we must be willing to exchange some of our small freedoms for small changes. In fact, these small changes are anything but small. It's not about eliminating crime and poverty, or reclaiming Scarborough Shoal, or stamping out corruption—these are institutional changes that will take long years. We won't feel the change coming soon. But curfews and videoke bans...

It will be strange to see the city empty after midnight.

*Allan*

**ALLAN P. HERNANDEZ**

Acting Editor in Chief

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## What FHMers have been up to this month



Covergirl Rachel Anne Daquis driving up the resale value of this car just by sitting on it.



Our car-addicted Style Editor Ash got to be the wheelman (and human proholder) for the MX-5 twice. Thanks, Mazda!



Ending May with a bang, last month's covergirl Andi Eigenmann played it at Cannes.

# FHM

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June 2016

# REACTIONS



## FAN CONFESSION

I've been an avid fan of *FHM* since 2009, and I would really appreciate it if you would please bring back the old format. Reading *FHM* without the Ladies Confessions section is super sad for me. Pretty please! Thanks!  
**Joda Prill, via Facebook**

## STEAM ROLLER

I'm just in love with Andi's photos! They're just so beautiful. I also appreciate how the cover isn't glossy anymore but I don't know how others would react to this unusual change. I know the changes happening to the magazine are exciting but if the next you time you guys will change the magazine, why don't you consider surveying your readers first? The new *FHM* has loads of useful articles but it needs more steam, why not put your *FHM* Idols, Crush, and other models in the magazine and not just on your site? That'll get you guys more readers.  
**Kenneth Dave Fajilan, via Facebook**

## MAGAZINE DATE

I've always hated my boyfriend for enjoying your magazine because I thought he bought it for the sexy pictures in it. He showed me one of your features about my favorite director, Dan Villegas, and I really enjoyed reading it because my boyfriend and I have had a lot of fond memories while watching his movies. Hope we'll have a lot of new memories reading your magazine together. A new reader couple is born!  
**Jessica Roxas, via Facebook**

## HALALANG BREEZY

My boyfriend (who happens to be an editorial assistant of the magazine) encouraged me to read *FHM* again. Although I've been reading through it sporadically for years now, I haven't really paid attention to the increasing quality of the content over the years! There was a column about the elections that helped me further in deciding who to put into office as it breezed through the essentials like how to vote, the background of candidates

and duties per official. As a first-time voter, it couldn't have been more timely. Thanks *FHM*! Certainly they have more to pride themselves with besides scoring the hottest babes in the Philippines.

**Kat Zablan, via Facebook**

## FINE AND ANDI

Andi finally graced the cover of your magazine! Glad to know the magazine is still worth buying even though it did get a bit wholesome. Here's a picture of my Andi Eigenmann issue with the freebie *FHM* Bionic, and also my precious *FHM* collection. Great job on your world-class magazine!

**Drexler De Gana, via Facebook**



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A white, stylized mustache graphic positioned below the "TOP DADS" text.

**Stay in charge  
all night long.**

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+ Deanol + Royal Jelly  
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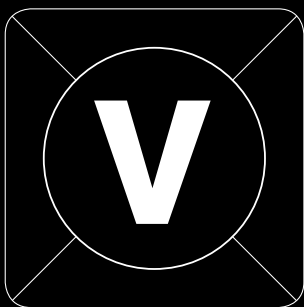
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# Verge

HOW TO SOUND  
REAL SMART

---

Edited by **CHISE ALCANTARA**  
[chise.alcantara@summitmedia.com.ph](mailto:chise.alcantara@summitmedia.com.ph)

S K I L L

## You can fly!

SCIENCE SAYS THERE ARE FIVE  
PROVEN WAYS FOR YOU TO JUMP  
OFF A CLIFF AND NOT DIE

WORDS  
**JON CHRISTOFFER R. OBICE**

PHOTOGRAPHY  
**ANTON APARENTE**









### Projectile flight

#### WHAT YOU'LL NEED:

A skateboard or a bike

#### SCIENCE-ING THE SHIT OUT OF THIS:

The short-term range of a human's takeoff would highly depend on the initial speed and force exerted during launch. In the principle of projectile, Dr. Rodulfo says, "Force and velocity are always directly proportional to the height or range of flight." Also, your weight is indirectly proportional to the height or range of flight. In order to achieve maximum height, you must take off vertically. If you want to achieve the maximum range of flight, you must take off at a 45-degree angle.

#### WHAT YOU'LL NEED:

A banana-shaped parachute

#### SCIENCE-ING THE SHIT OUT OF THIS:

Strap on your parachute. Find a cliff. Run off it against the wind. Only then will you achieve flight, according to Dr. Rodulfo. He recommends that you use a concave-shaped parachute—such as a banana-shaped one. This kind of parachute is perfect for the Bernoulli principle of flight to take effect. It's when the slower-moving air (with high pressure) underneath the parachute pushes against the faster-moving air (with low pressure) over the top of you go—as long as you stay away from treetops and overzealous eagles.

As highly innovative humans living in the 21st century, we simply refuse to believe that up to now, there are still things that humans can't do—and one of those is flying. If you're part of that minority, we've compiled a list to unleash the inner "flier" in you. After all, says De La Salle University theoretical physicist Dr. Emmanuel Rodulfo, "It's natural for man to want to fly because flight is the ultimate expression of freedom. Humans are ambitious. We have a yearning to fly to reach greater heights."

So then: ready, get set, fly!



### Floating with zero gravity

#### WHAT YOU'LL NEED:

An airplane with a generator and maybe even a GoPro?

#### SCIENCE-ING THE SHIT OUT OF THIS:

It's like being on a plane and suddenly someone turns off the switch of the propeller and the engine shuts down. And just like that, the absence of gravity will make everyone float in space as if they're in Alejandro Inarritu's film *Gravity*. Sure, it's a rare occurrence, but it does happen, even during commercial flights. (Zero gravity selfies, anyone?) Dr. Rodulfo explains, "The science behind this phenomenon is the 'principle of equivalence,'" which says that when you are in a freefalling frame of reference, gravity does not exist. So whatever your mass is, whether as light as a feather or as heavy as an anvil, "You will fall at the same rate."



### Being carried away by balloons

#### WHAT YOU'LL NEED:

Five-inch-diameter helium-filled balloons; a rope strong enough to keep you from further ascending to the ozone layer, and on to outer space

#### SCIENCE-ING THE SHIT OUT OF THIS:

Buoyancy can be explained simply as: "Whatever is low in density floats in high density fluid," Dr. Rodulfo says. This principle is the rationale behind the hot air balloon: it needs a heat generator to increase the temperature of the air inside it so that the balloon's molecules would decrease in density and expand outward, making it less dense than the air outside, making it float in air. In this heat, your helium-filled balloons will make a beeline to the sky. Remember to tie yourself securely with the rope, whose other end should be fastened to something on the ground that's heavier than you. The number of your balloons will depend on your weight.



### Levitating

#### WHAT YOU'LL NEED:

To do magnetic levitation, find a utility belt with superconductors in it, namely Yttrium Barium Copper Oxide, or YBCO; an external magnetic field; some liquid nitrogen to keep the surrounding temperature low (superconductors need low temperatures for them to work)

#### SCIENCE-ING THE SHIT OUT OF THIS:

The concept of levitation is anchored on the Meissner effect, which happens when a superconductor pushes away from a magnetic field (at the right low temperature). A superconductor in a magnetic field will always expel the magnetic field inside of it and will bend the magnetic field around it. According to Dr. Rodulfo, a human can perform magnetic levitation by going to a location with a very cool climate, setting up a magnetic field, standing in the middle of it, and putting superconductors (YBCO, in this case) around his body. Our nerd tip: slip the superconductors in a utility belt and wear that around your waist, where your center of gravity is.



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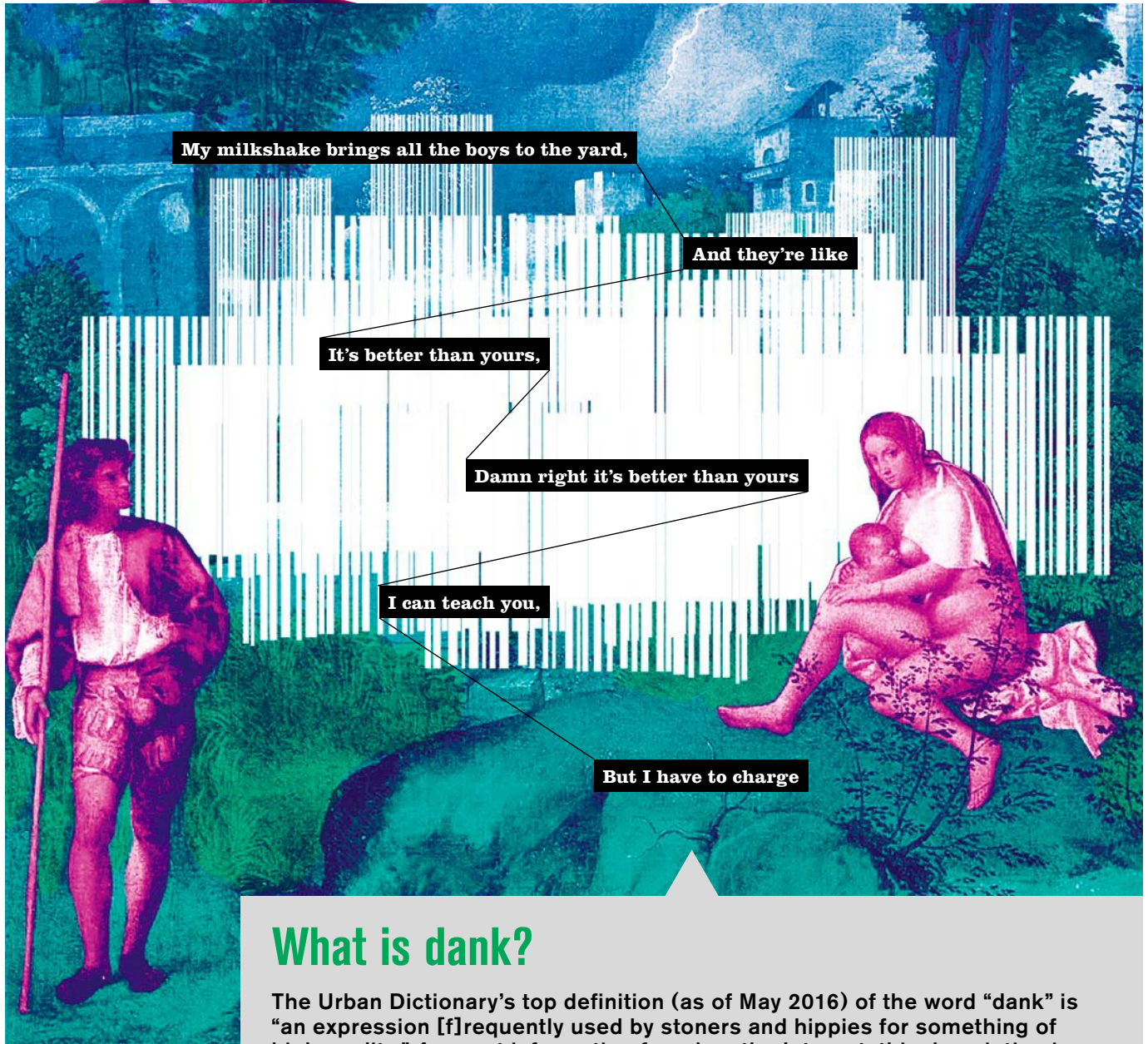
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TRIPPY!

# A guide to Dank Maymay's

WARNING: THIS MIGHT BE THE STRANGEST THING YOU'LL EVER READ. BUT KEEP AT IT—WE DO HAVE A POINT



## What is dank?

The Urban Dictionary's top definition (as of May 2016) of the word "dank" is "an expression [f]requently used by stoners and hippies for something of high quality." As most information found on the Internet, this description is incomplete. (Frankly speaking, one can never come up with a satisfactory definition of a term invented by the Internet because everybody has their opinion on what these words mean but nobody actually knows what exactly they're saying.) To truly understand what is "dank" one must immerse himself in it. We use the ubiquitous meme to help you further understand "dankness."

Words  
**CHISE**  
**ALCANTARA**

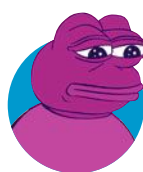


# Measuring the dankness

The dankness of a meme can only be gauged by a true meme connoisseur. When talking about the legitimacy of a person's taste in memes, we must only consider one thing: How invested is he in meme-ing or how far gone and beyond help he is. Here are the four arbitrary stages of terminal dankness as illustrated in memes:



**LEVEL 1**  
**The Appreciator**  
He's the guy who likes certain obscure meme pages just because his weird friends also like the pages. He honestly enjoys looking at the memes and laughing at their absurdity even though he doesn't quite understand why they exist.



**LEVEL 2**  
**The Self-aware**  
This one constantly shares memes. He's found acceptance in the community but actually knows that it's not cool nor normal to like them. This guy actually feels that most of the people who like the memes he shares have deeply rooted personal issues (himself included).



**LEVEL 3**  
**Becoming-a-meme**  
Since the meme connoisseur regularly leaves comments on a meme page's posts, people are actually surprised when they don't get to read his comments. There are comments about him not commenting. He has become the meme he loves and fears. It is too late to save him now.



**LEVEL 4**  
**Transcendental Maymame**  
He has forgotten how to communicate with others except through memes—he has become the admin of a meme page. Only a few people know that each of his posts are actually a cry for help to save him from the nothingness he has become. \*cue Linkin Park\*

## How to spot a wild maymay

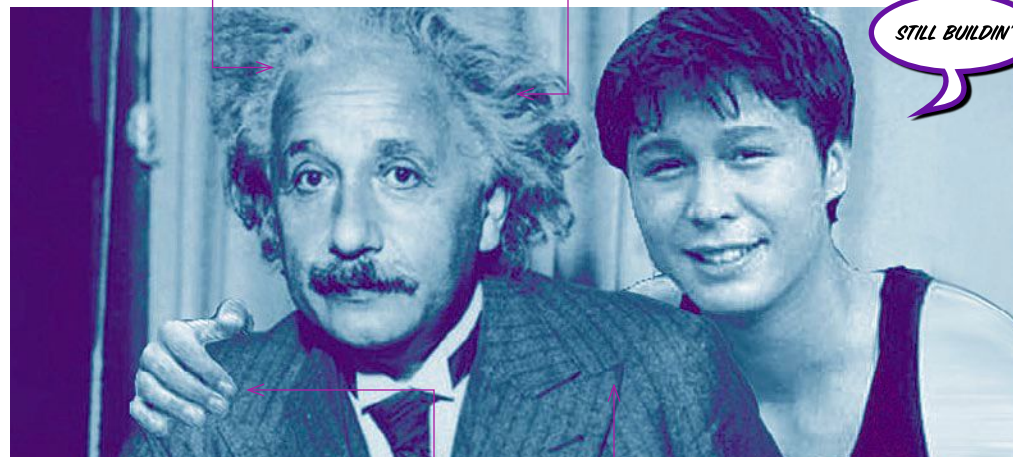
While meme-liking is purely subjective and holds no merit on your CV whatsoever, meme connoisseurs still have to follow a certain standard to fall back on when called on their depressing hobby

### IRONY

Almost all modern comedy revolves around the ironic and/or satirical because people have finally accepted that sincerity has gone out of style. We only run on obscure and cryptic statements to express what we truly feel in this judgmental world we live in.

### NEVER BECOMING MAINSTREAM

Most memes should die in a day or a week, depending on its brilliance. An overused meme is a bad meme (presupposing a good meme exists). The Internet gives you only a limited time to enjoy something before deeming it passé and stupid.



### INTENSITY OF SELF-DEPRECATATION

Self-hatred is one of the central things that meme-ing is grounded upon. By creating memes, you lower yourself into a sad, depressing existence where the light of reason and meaning can never reach you. But because you're a masochist rolling on hours of free time, you keep doing it.

### ABSD JUXTAPOSITIONS

Have you seen Guy Fieri's face photoshopped next to a picture of the twin towers exploding during 9/11? Most people think that meme creators are all special snowflakes who constantly come up with new and creative ideas to present these fun pairings. What they don't understand is that all this "inspiration" comes from the void that used to be their soul.

### GUIDE

**Meme-ing**  
the act of creating a meme

**Maymay**  
a sadder more cringy way to call memes

**Maymayer**  
someone who makes the maymays

### Suggested Facebook meme pages



Crème de la meme 2

Orange Memes IV

Sadboys MSN  
de la 最高悲しい  
Aesthetic creamy  
cheese memes

Jhong Hilarious

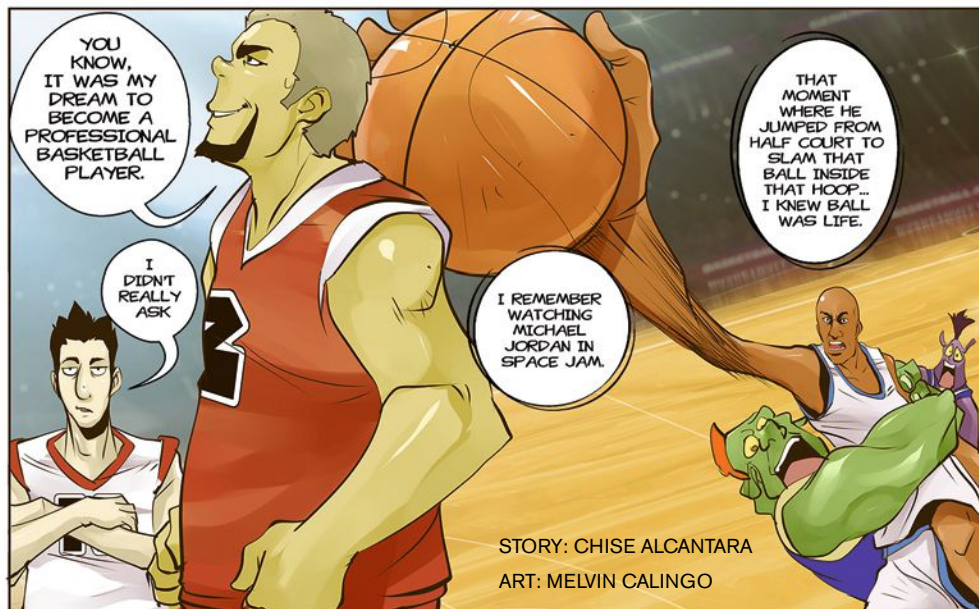
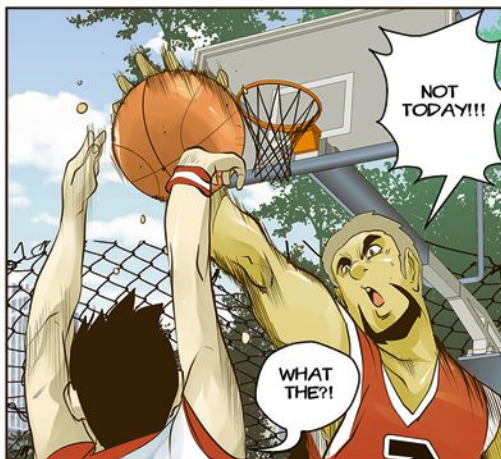
Bulbulito Balabag:  
tuberong kulay  
green



# Cabin fever

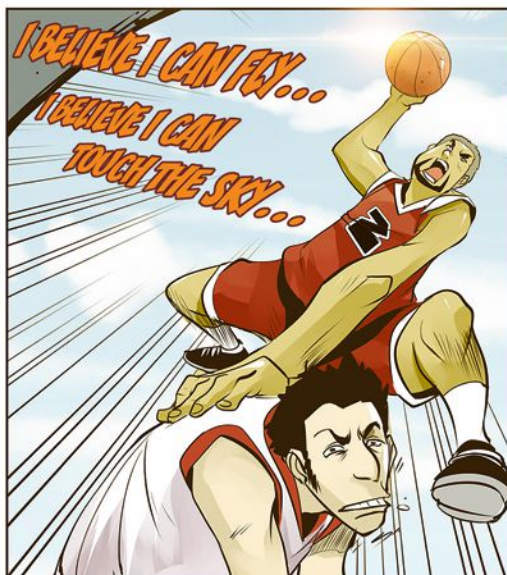
I GOT (ON) YOUR BACK

HIGH-FLYING DREAMS MEET REALITY



STORY: CHISE ALCANTARA

ART: MELVIN CALINGO







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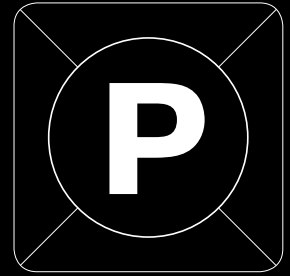
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# Pulse

YOUR GUIDE TO  
EVERYTHING  
TRENDING

Edited by **PONG M. CASTILLO**  
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**BIG  
SCREEN**

## #MadeIndiePhilippines

FILIPINO INDEPENDENT FILMS ARE  
NOW UP FOR ON-DEMAND VIEWING.  
ARE YOU STREAMING?



Technology may have democratized filmmaking in recent years but we need a platform to showcase these films, while the audiences are looking for venues to watch it



INTERVIEW: PONG M. CASTILLO; PHOTOS COURTESY OF BRILLANTE MENDOZA, MA' ROSA



Brillante Mendoza's *Ma' Rosa*, his entry for the Palme d'Or at the recently concluded 2016 Cannes Film Festival, is not (yet) for streaming, but video-on-demand platform iflix just launched its library of other Filipino independent films. And that's more than

good enough for us. It's definitely a thing of convenience, considering you've missed way too many independent film screenings and festivals. But it's also a chance to refine your taste for the arts and culture.

Here, Direk Brillante's take on mainstream and independent films, and what makes Filipino movies shine in the global cinema...

**Would you say that people thinking independent films are too intellectual makes the genre less inviting to the general audience?**

Our appreciation of film should not be equated on how intellectual or how artistically literate we are as individuals. Categorically, mainstream and independent films are simply defined by their objectives. Mainstream movies are made to hit the box office with various genres and formulized ways of storytelling while independent films explore the alternative with their out-of-the-box storytelling. Both can be appreciated

by audiences across the board.

**What can mainstream cinema learn from independent films, and vice versa?**

One thing that independent filmmakers can learn from mainstream is how to target their core audience. They should also know their objective in doing a film. On the other hand, independent filmmakers give significance [to] the story without experimenting on ideas. I hope mainstream cinema won't mind testing the waters and experiment beyond their audiences' expectations sometimes.

**iflix recently launched a library of independent films to showcase to their subscribers. How do you think the audience would take to it?**

iflix and other online video-on-demand platforms are definitely a big help for independent filmmakers. The biggest cost in film is distribution. Technology may have democratized filmmaking in recent years, but we need a platform to showcase these films, while the audiences are looking for venues to watch it. Ten years ago people resorted to DVD piracy in Quiapo just to watch these films until

illegal downloading came to boot.

Now that iflix is here, filmmakers are given that platform without the audience resorting to piracy. It's convenient and producers and filmmakers earn in return. I believe the future of film distribution is online.

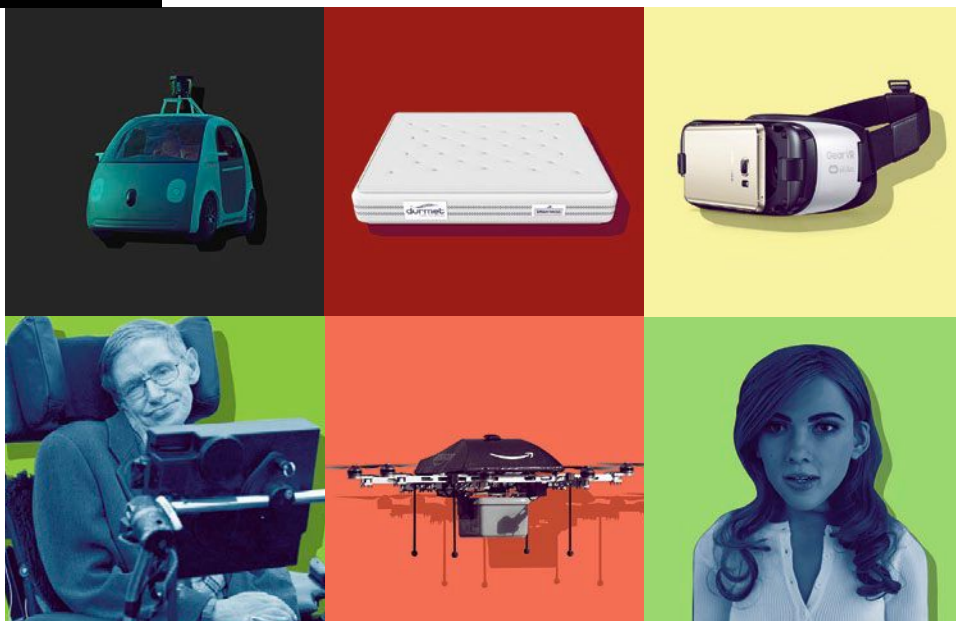
**What is the edge of Filipino filmmakers in international film festivals?**

Content. We have so many unique and powerful stories in our country. Just open your eyes and appreciate. I think that is our strength whenever we compete in international film festivals, and that's what also gives Filipino actors a different drive and inspiration when taking on roles—we are grounded on powerful life stories.

**What else does Philippine cinema need to succeed globally?**

We need to improve our technology. The technology is expensive that is why we are forced to make films within our means, which is not much. That is the reason why most locally produced films look sleazy and lack that gloss of a Hollywood film. **FHM**





## VIRTUAL REALITY

## It's A-Bot Time!

MANKIND HAS FINALLY LEARNED TO HARNESS THE POWERS OF SILICON IN WAYS THAT SERVE THE COMMON GOOD

## DRIVERLESS CARS

Google and Tesla are racing to get their autonomous cars on the mainstream market. These electric, self-driving cars sound like a dream for Manila drivers who spend 2.5 hours on C5 daily.

## AI-WRITTEN NOVELS

Stephen Hawking himself expressed concerns about AI surpassing human creativity, leading to our possible extinction. We may be looking at bots writing us novels by request. Novelists who take years to write and publish their work may want to reconsider their timeline now that they have robotic counterparts. Five years before the sequel? Ain't nobody got time fo' that!

## SMARTTRESS

Mattresses these days may come with a Lover Detection System which is basically your bed's own way of playing kiss and tell—it sends you a heads-up on your mobile phone whenever someone uses your bed in an unusual way. Cheaters have to up their game and finally do the decent thing by taking the dirty deed out of your own bedroom. Thanks, Smarttress!

## DELIVERY DRONES

Amazon is looking at the prospect of having drones deliver consumer packages right at the customer's doorstep. If other merchants follow suit, this could spell the end of man-powered courier services.

## OCULUS RIFT

Thanks to Aerosmith's iconic "Amazing" music video, we know what's possible in virtual reality. Today, we get to experience VR on a personal level with devices like Oculus Rift and Samsung Gear VR. Will these make gaming consoles obsolete?

## LIFELIKE ROBOTS

A Hong Kong-based engineer must have taken *Ex Machina* and *Her* way too seriously when he created the robot that looks eerily like Scarlett Johansson. Are we ready to accommodate robots in society as fellow citizens? And as their intelligence compounds, will they be a threat to humankind?

## You and (A)I in the future

HOW FAR ARE WE WILLING TO LET MACHINES LEARN IN THE NAME OF BETTER SERVICE? THE POSSIBILITIES ARE ENDLESS...



Too comfy on the couch already and can't be bothered to get up and grab the remote? A single-purpose robot designed to hand you the remote should do the trick!



Finding everyday life dull and a drag? Perhaps some Instagram Eyeglasses can spruce up your surroundings and mood via filters. Go Valencia!



Want to help the environment but too lazy to pedal a bike? How about riding in tandem with a robot? Good for the earth, good for your calves.

\$3-M  
AT  
STAKE

## Major money game

THE MANILA MAJOR IS BIG BUSINESS

On June 7-12, the MOA Arena is again the battleground for the world's top DOTA teams as they clash for a piece of the Manila Major's \$3-million prize pool. Tickets sold out surprisingly quick during pre-selling as fans from around the globe are expected. Perhaps some of the P200-inner ring tickets will be up for grabs from scalpers, as many people fear will happen. What a world we live in, eh? Scalpers are actually selling tickets to watch video games. If that's not a sign that video games as sport is real and worth watching (aside from the Mega Lotto-shaming \$3 million pot), then we don't know what is.

## The coolest teams at the majors

...RANKED SOLELY BY THEIR LOGOS



Mysterious like their name: Team Secret



Dutch team with cool jerseys as well



STRONG LIKE RUSSIAN BEAR

WORDS: ANNE MARI RONQUILLO; ILLUSTRATIONS: LOUIS ARENAS

WORDS: ASH MAHINAY



GIVE  
ME  
FIVE!

## In fine company

THE BLUES-ROOTED ROCK 'N' ROLL OUTFIT JUST DISEMBARKED FROM A TIME MACHINE. DO THEY LIKE WHAT THEY HEAR?



II

It's good that the Blue Jean Junkies go at it like a chain gang for their latest offering, *II*. Manansala and Matute have the plan, their distinctive guitar abilities on full display ("Destination") while not overwhelming the whole operation. Dinglasan is a steady force behind the crew with his precision drumming and pulsating beats ("Speed"). All of those qualities set the stage for Mendoza's flamboyant frontman style. Take caution: *II* is a hit-and-run record revving up a resuscitated band.



Seventeen years on the scene, and The Blue Jean Junkies are tighter than ever. Despite numerous personnel changes and a few personal hiccups, Nino

Mendoza (vocals, guitars), Nathan Manansala (guitars), Miggy Matute (bass), and Niko Dinglasan (drums)—the band's lineup since 2008—are still rocking the scene and rolling with the times. The question is, can they keep up the pace?

### How is the band doing, especially with Nino's return (from rehab)?

**Miggy:** Now, we rehearse, we gig all the time. We talk every day, we see each other more often. As a result, I guess we're tighter as a band.

**Nathan:** *Nagkaroon ng break* between 2012 to 2014. *Parang* one gig in three months, *tapos hindi man lang nagyayayaan*. Sometimes we'd gig without practicing, we didn't make plans that would stretch for more than a week.

**Niko:** There's more direction now.

### What has become of rock and roll from the time the group was founded?

**Niko:** *Konti lang ngayon yung rock* and roll spirit, *kumbaga* people are playing it safe. *Konti lang yung may edge...*

**Nathan:** ...*yung element of danger!* That's why we need Guns 'N' Roses back! Ha ha! I think rock and roll as I know it is still around, but the bands that play with that kind of spirit aren't so popular anymore. The music business tends to focus on what's in right now. If anything, the sound itself has evolved massively through the years.

**Nino:** Definitely growing, definitely more complex. Rock and roll is an attitude... First it's fun, which becomes work that you can't live without.

### You say rock should be simple. Do you think technology did good or bad to the music?

**Miggy:** Feeling *ko* both. For one, there's great music out there that exists, by artists who don't want to perform live. But we get to enjoy their music because they share online. Negatives include *pag pumunta ka ng concert, lahat naka-cellphone na*, which

I think takes away from the experience. People enjoy music differently now.

**Nino:** Yeah, before it used to be mosh, and people just like got stoned. Or when Robert Plant of Led Zeppelin would sing, girls would just hold their tits, like 'Uhhh!' They would get turned on!

**Nathan:** I think the big pro with technology is that you're able to push the music further now. Back then, there's a lot of stuff in your head that you can't do because you need a big studio. Now, you can just download the software and do it yourself at home. *Pero yung downside* is—and you see it everywhere—*medyo nawala yung drive* for musicianship.

### Is it a good time to start a band?

**Miggy:** There's hundreds of bands in hundreds of places. Every night, *may tao sa gig*. Maybe there's only a handful that can survive a full-time career as a musician, but that doesn't mean those who cannot don't have a career cut out for them.

**Nathan:** I guess the business might be on a low point, but *yung scene* itself, *buhay*. **FHM**



GRIM  
ARTIST

## Dark confidant

KAJO BALDISMO AND HIS  
ART FROM THE DARK

Philippine mythology is an interesting subject in its own right. Monsters and mysteries. Adventures and mishaps. It's a bit of Philippine folklore we've learned in school, but truly appreciated in the eerily spoken versions of our old folks back in the day. Kapre. Tikbalang. Aswang. All the buzz they seriously thought would help us put in deep sleep. We say they have bred nocturnal creatures in us with those bedtime tales.

Now you can digest Philippine folklore in a different view. In *The Lost Journal of Alejandro Pardo: Creatures and Beasts of Philippine Folklore*, Filipino artists give us a bevy of monsters to ogle, with a thorough description to match. One of the artists is comic book veteran Kajo Baldismo, whose works in *The Lost Journal* perfectly capture the grim facts about the mythological creatures that will definitely raise the hairs on your body.

Baldismo's style provides a darker look into the Pinoy beasts. His version of a *kapre*? A tall beast with a head that resembles a cross between an old man and an ape, complete with a beard. His version of the Balbal, an undead monster that steals corpses during funerals.

If you slept your way through history class while your old mentor tells tales in his best impressions, now is the time to brush up on your Philippine folklore knowledge, bud. Get scared.

THE LOST JOURNALS  
OF ALEJANDRO PARDO  
IS AVAILABLE IN  
LEADING BOOKSTORES  
NATIONWIDE



WORDS: MARK COLES; ILLUSTRATIONS TAKEN FROM THE LOST JOURNALS OF ALEJANDRO PARDO



'ROUND  
TOWN

## Hot stuff

WHAT ELSE TO FILL YOUR BELLY WITH OTHER THAN BEER? FOOD—LOTS OF IT



WORDS: PONG CASTILLO; PHOTOGRAPHY: COURTESY OF SPOT.PH

When you have successfully cornered that headturner in the club to get her number, and have mustered the confidence to buy her a drink or two, you might pat yourself on the back and feel like you've done a real #tunaynalalake job. But the real challenge in your dating game lies on how you can land a second date. And by that we mean an actual dining out sans the blaring music, the overflowing alcohol, and your wingmen to get the job done for you.

Now you think of other places to take her (well, definitely not back in the bar where you guys met), and you realize how much you've been missing on the wine and dine scene.

So review your knowledge of the go-to spots in the metro with *Spot.ph's Top 10 Everything Food Lists 2016 Edition: Your Ultimate Guide to Good Food in Manila* and make her think you have an actual life, and you know how to satisfy her cravings.

SPOT.PH TOP 10  
EVERYTHING FOODLIST  
IS AVAILABLE IN  
LEADING BOOKSTORES  
NATIONWIDE



The 120-page food guide features a gamut of mouthwatering cuisines, where to get them, and how much you need to make a good impression (Dude, don't make her pay for it—at least not yet).

*Spot.ph's Top 10* has enough recommendations to make her believe you do have a good taste in gastronomic treats...then you just might win this dating feat.



SING  
AND  
WEEP

## Afterglow

SINGER-SONGWRITER KEIKO NECESARIO KNOWS EXACTLY HOW TO TUG AT YOUR HEARTSTRINGS



Listening to a songstress belt out heart-wrenching lyrics would seem like an antidote to heartbreak. Take into account the greats Adele, Sam Smith, or Taylor Swift. They've taken us victims into the depths of their loneliness. It's cathartic, and we like it because we can relate to it.

On the flipside, a beaming Keiko Necesario gets people hooked on her music in just the same way—only, she's no damaged poet writing about a regretful relationship. In fact, Keiko has never been

in a relationship, and the irony of seeing something through the eyes of someone who hasn't really touched it is interesting. The 25-year-old singer-songwriter says that she started writing love songs in 4th grade. "Sure, my views about life and love changed through the years," she says. "Pero more like sa style ng writing yung nagbago. I still write about love and life in a positive light."

Even before releasing her first album *Through It All* in 2015, Keiko was already passionate about getting her music across to whoever wanted to listen to it. "I've been through the band phase, and it was and still

is a struggle," she says, pointing out that the shift to digital has made people switch preferences in a snap. "The Internet has opened so many possibilities for artists, and I guess it just demands extra effort from us [artists] to sustain the passion we want to share," says Keiko. "*Mabilis nang makalimot ang mga tao sa bilis ng dating at pag-alis ng mga bagay.*"

How does she plan to pursue this feat in the long run? Write. Sing. Compose. Never stop.

Here is Keiko taking another step forward...



PHOTOGRAPHY **EJAY LEUNG OF MIDNIGHT BONKERS** • INTERVIEW **PONG M. CASTILLO**  
STYLING **DEBRA BERNALES** • MAKEUP & HAIR **ANNE CASTAÑO**





## Keiko says...

WE ROUNDUP HER  
SONG LYRICS  
FOR THE LOVER  
BOY IN YOU

**"I'm ready to rise  
and fall, be there for  
you through it all"**  
*Thought It All*

**"Little by little I've  
fallen, deeper than  
the sea"**  
*Away from the  
current*

**"Umulan bumagyo  
o umaraw, ika'y  
abot tanaw. Sa  
bawat pagbangon  
at pagkadapa, ikaw  
ang kapiling, ang  
tanging kanlungan"**  
*Dito Ka Lang*

**"Ikaw ang tanging  
mahal, hindi  
ko inakalang di  
magtatagal. Noo'y  
umasang walang  
iwanan, ngayon  
hindi na kayang  
panindigan"**  
*Paano Na*

**Let's hit up the  
highway, runaway in  
twosome / stay out  
till the dark fades,  
doesn't matter how  
far we are from  
home**  
*Untitled*



LISTEN TO BULLET ON  
SPOTIFY.COM/KEIKONECESARIO





# Gent

BE A  
LADIES' MAN

Edited by **CECILE JUSI-BALTASAR**  
cecilebaltasar@gmail.com



## The raconteur of *sawi*

FALLING IN LOVE IS HARD ON THE KNEES,  
SAID A SONG. BULLET DUMAS SHOWS US  
HOW TO PICK OURSELVES UP AFTER THE  
KNEES GIVE IN



AS TOLD TO  
**B.A. BORLEO**

PHOTOGRAPHY  
**ARTU NEPOMUCENO**





### The dreaded pit

"How do you graduate from the friendzone? Hay naku, mag-ma-masters ka muna. Lagi akong ganyan, eh. Masyado daw kasi akong friendly. Pero kung gustong-gusto mo talaga siya, mag-effort ka lang talaga, as in yung kulit. Buhos ka diyan, bahala na kung mapahiya ka. Tapos dadating ka sa point na wala na talaga. At yung ibang babae, kung ayaw nila sa'yo, ipaparating talaga nila sa'yo kahit papaano. Kahit sobrang bobo ka na hindi mo siya nararamdaman. Sasabihin at sasabihin nila."

### Get over it

"Mas marami akong sawi songs. Turf ko yun, eh. You know what I learned about it? Patibayan lang yan, pards. Shit will come, but it will pass—so pakatatag ka lang. So sa inyong magbabasa nito, wag kayong mag-give up sa life."

### But instead...

"You should savor it. Savor the pain. Tanggapin mo na you failed. Pero tanggapin mo rin na sinubukan mo at nabuhay ka pa, na meron pang pwedeng mangyari, probably hindi na sa girl iyan, pwede sa ibang tao. Pero you know, you have lots of chances. You can make your life better."

### Tell yourself this

"Sabi nga ni Kate Torralba, 'At least I was productive.' So kunwari malungkot ka, eh di turn it into art or something. Sulat ka ng kanta. Do a Taylor Swift. Sabi nga ni Karen Carpenter, 'The best love songs are written with a broken heart.' Makinabang ka rin. Use it as an inspiration."

### Look for this song

"Ang pinakagusto kong kanta na nasulat ng Pinoy ay yung 'Minsan Ang Minahal Ay Ako' [from the stage musical

Bullet]. It's about moving on. The chorus goes: 'Ang lingap mo ay hahanap-hanapin sa entablado minsan sa akin. At kung ako ay malimutan, kahit sa awit ko lamang iyo sanang matandaan, bago tuluyang lumisan na minsan ang minahal ay ako.' Sobrang rich nun. Pwede mong ihalintulad ang pag-ibig na minsan minahal at yung entablado dati, hindi na siya nag-e-exist ngayon pero ang importante minsan ang minahal ay ako or vice-versa. Yun yung importante, ano mang napulot mo sa pagkakataon na yon, it will help you grow as a person."



LISTEN TO  
BULLET ON  
SPOTIFY.COM/  
BULLETDUMAS

## Bullet isn't all about heartbreak

### HERE'S HOW HE AVOIDS IT

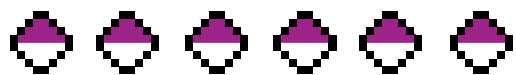
#### How to get her to notice you

"No one will date a nobody. So kung hindi ka magpapakitang gilas, wala kang dating dun sa taong yun, walang mangyayari. Madaming ways to impress a girl. More of effort lang naman talaga at oras. Write her a song. Give her a letter or just anything that helps show that you're honest. Or cook her something. A romantic person is a romantic person however he/she presents himself/herself."

#### ... and how to keep her

"Focus on the small things. Kunwari may maliliit na bagay kayong pinag-aawayan, and usually pag lalaki ka sasabihin mo, 'Hindi, okay na yan. Next time wag na natin pag-usapan.' Pero importante yun kasi naiipon yan, eh. And then in the end—BOOM! Isang malaking dagok yan sa inyong dalawa."





# Six ways to score with a gamer girl

DO YOU LIKE IT HOT? DATE A GAMING GEEK

WORDS  
**JEEVES DE VEYRA**

ILLUSTRATION  
**THEODORE CRUZ**



You can't deny it: geeky girls are hot. And the gamer girl, a subspecies of the geeky girl, is hotter than most.

Of these gamer girls, there are two major types. There's the computer gamer girl who's into electronic gaming. She can be a casual gamer (*Candy Crush* or *Clash of Clans*? Yes!) or a hardcore gamer, who can probably speed-run through *Dark Souls* and hold her own in online games like *World of Warcraft*.

Other gamer girls are into board games. They like exercising dominance up close and personal; from *Cards against Humanity* to strategic games like *Splendor*, or day-long intensive games like *Descent* and the *Battlestar Galactica* board game. Beware: these girls are patient and master strategists.

Want to score with a techie girl or a board game chick? Take our advice and...



**Game on**

**Run away**





1

## BE A PLAYAH!

Being a poseur around a geeky gamer girl is highly discouraged. The hardcore gamer girls know their stuff and they abhor fakers. So really, the best way to make it work is to just start playing the games. Visit board game cafés like Dyce and Dyne. These cafés have regulars who will be happy to teach you the games available in their library. Play with yourself and learn. Even better, ask your gamer girl to play with you.



## DON'T BE A LIMP GAMER:

Get help online with shows like *Tabletop* from the Geeky and Sundry YouTube channel or gaming sites like IGN and Kotaku for computer and console games.

2

## MASTER FOREPLAY

Girls like guys who listen to them. Geeky gamer girls aren't any different. But with gamer girls, instead of listening to what her friend did or what clothes she bought, you're going to hear about her latest game purchase and her killer board game session last night. Or she might lure you into a discussion on the merits of strategy and tactics. Remember that gamer girls are passionate folk. If you get them hot and excited enough with words, the rest will follow smoothly.

### DON'T BE A LIMP GAMER:

Immerse yourself in games, past conquests, and other fandoms (books, anime, cosplay, *Sherlock*, *Game of Thrones*, Neil Gaiman... to name a few). Who knows, you might eventually dig them yourself.



3

## LET HER PLAY WITH YOUR GOODS

Once you've managed to get her to play a game or two with you, it's always a great idea to share. Girls like generous men, and sharing your copy of a game, or just letting her play with your expensive dice will earn you experience points for sure.

### DON'T BE A LIMP GAMER:

Amassing a collection of either video games or board games is the natural next step for gamers. If you've got the best collection, you'll always be at the top of her list.



4

## USE PROTECTION

Once you've got your toys, it's of paramount importance to protect them. Whether it's ultra-expensive gaming mice and keyboards, or decks of *Magic: The Gathering* cards, geeky gamer girls love it when they can see that you take care of your equipment. This somehow equates to them thinking you'll be able to take care of her really well. Seeing abused and overused equipment can trigger a red flag in a gamer girl's head.

### DON'T BE A LIMP GAMER:

Take a cue from veteran gamers. Go to a local board game café and you'll see gamers lovingly putting their dice in velvet pouches, or using plastic sleeves to protect each card in their legendary decks.



AKONG BAHALA SA'YO BEH.

I WANT YOU TO PUT YOUR 'DECK' IN ME



5

## SUPPORT HER ASS

Like in most games, teamwork determines who wins or loses. For gamer girls, if she can see that she can count on you when the going gets rough, she's going to reward you handsomely with long hours of play.

### DON'T BE A LIMP GAMER:

Show her your support—whether it be playing according to her planned strategy in an RPG game, trading her the lumber that she needs in *Settlers of Catan*, or joining her clan in *COC*.

## 6 IT'S OKAY TO BE ON TOP

Gamer girls don't like pussies. Don't let her catch you letting her win or she'll never let you play with her again. Be better, keep pushing, and surprise her with new tricks. Keep her on her toes, and she'll always be up for a challenge. But don't be surprised to find yourself at the bottom, too. Gamer girls also like to win. When that happens—and, oh, it will—don't be a sore loser. Keep your chin up once she shamelessly beats you.

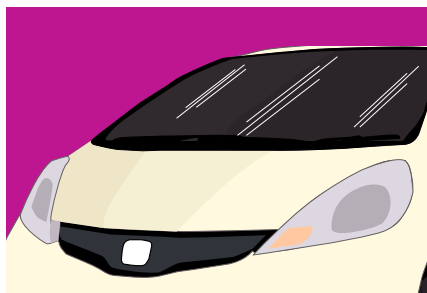
**DON'T BE A LIMP GAMER:** It can be tricky walking the fine line between your ego and her happiness. Go ahead and win a few rounds—if you can, that is. But when you see her forehead beading with sweat and her mouth thinning down to a frown, go back to your losing streak (but make sure you don't let that on). You'll both be happier, trust us.



D A T I N G

# Making cambio

READY YOUR RIDE FOR RAUNCHY REVELRY WITH THESE SIX ESSENTIAL ACCESSORIES



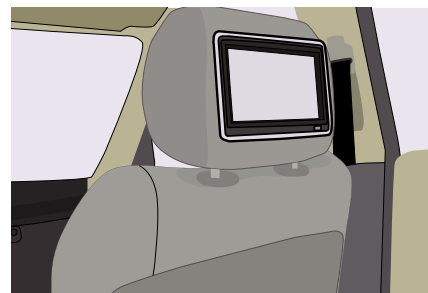
## TINTED GLASS

When you want to have a romp in the backseat of your car, you'd better make sure that your windshield, door glass and rear window have more than adequate tint. Sex is supposed to be a private act between consenting adults and an audience just isn't appropriate (unless you're into that—we won't judge). We prefer darker tints rather than reflective ones because it kinda breaks the mood when you're building up to an orgasm then someone stops by your door to check out his hair on the mirrored window.



## HUGE REAR-VIEW MIRROR

When you have feelings of inadequacy, never be ashamed to augment your equipment by any means possible. So that you and your date can enjoy watching yourselves practice contortionist copulation in the back seat, the stock rear-view window just won't do. You'll want to attach a huge-ass aftermarket mirror so you can have a better view. These things don't cost too much, but the payoff will be obscene.



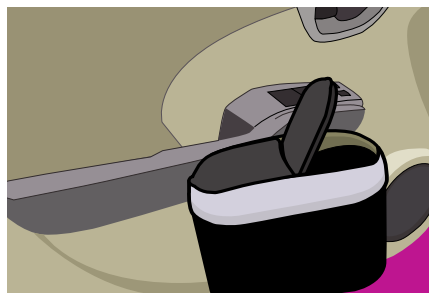
## LCD PANELS

Some folks like enjoying porn together, perhaps to get into mutual mood or as an inspirational playbook. If porno's your thing, then it won't hurt to have something from Digital Playground playing in the background on your car's front headrests. Just make sure that you focus more on your partner rather than Mia Khalifa's boobs.





Think you're ready to get laid in your car for the first time? Before you embark on this rite of passage, make sure you've got these essential items installed before you pick up your date or go on the prowl.



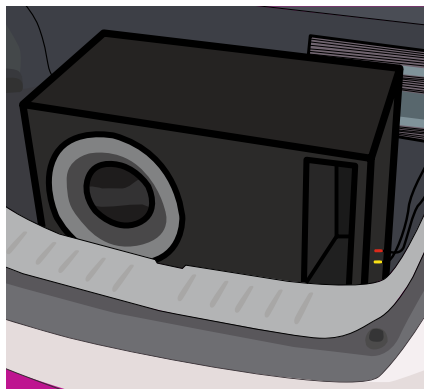
#### DUSTBIN

Keep safe and use rubber, but, BY GOD, don't ever chuck a used one out the window. It's just patently disgusting, inconsiderate, and an ecologically unsound method to dispose of the evidence of your deed. Think of those poor seabirds who could possibly choke on your bird's semen sack. Toss your used condom into a small dustbin, which you can empty out when you pass by a garbage can. And do remember to segregate.



#### NEOPRENE SEAT COVERS

Sex can be very messy, and having something to protect your dad's carseats from unsightly, unwanted, and unexplainable stains will go a long way in saving money from unnecessary car shampooing and help you avoid an irate pop. Neoprene seat covers are water- and stain-resistant, easier to clean than fabric and leather, and allow your knees some purchase when you're vigorously thrusting away. In close quarters, you'll want to keep the slipping and sliding to a minimum, and neoprene gives just the right amount of grip.



#### SUBWOOFERS

More felt than heard, subwoofers add that extra oomph to your sexytime playlist, a sub-audible rumble that elicits a primal response from your central nervous system. Rhythmic thumping gives your sandworm a beat to follow while sending vibrations everywhere that counts. Of course, of vital importance is your choice of tunes. We'd recommend Marvin Gaye but we don't think that's what the kids are into these days. Frank Ocean? Drake? Lacuna Coil? Whatever floats your boat, do make sure that the beat is a steady and predictable one, not some weird syncopated prog rock shit. Your hips will thank you.

## Suzuki Raider R150 reloaded

If underbone bikes get your fancy, the all-new and improved Suzuki Raider R150 Reloaded fits the bill. Dubbed as the Underbone King with its reliable 150cc double overhead camshaft (DOHC) transmission engine, it will bring you from point A to point B with speed and power. While it is an obvious step up compared with scooters and 100cc underbone bikes in the engine department, it also ups its game in design.

Its updated decals and unique wavy disc brakes will make you stand out on the road. And the Raider R150 Reloaded's slim body holds its engine very well, providing you with a very light and authoritative ride, which sets a rather #legitbiker impression to onlookers, don't you think?

**Engines:** 150cc (DOHC), 4-valve, 6-speed engine

**Price:** P94,900







IN HER

SOPHOMORE

APPEARANCE,

RACHEL ANNE DAQUIS

ASSUMES TOTAL

CONTROL OF

THE GAME

MATCH POINT

---

PHOTOGRAPHY  
PAOLO PINEDA  
OF MIDNIGHT BONKERS

INTERVIEW  
MIKE DIEZ













STYLING  
**DEBRA BERNALES**

MAKEUP  
**ANTHEA BUENO**

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# TIBAY NG LOOB TIBAY TANDUAY

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A TOWERING  
FIGURE AT 5'10,  
RACHEL ANNE  
DAQUIS  
WILL CERTAINLY  
CATCH YOUR  
ATTENTION  
WHEREVER YOU  
CROSS PATHS  
WITH HER.

**O**n a bright and early morning in Nasugbu, Batangas, Daquis arrives without much fanfare. But she certainly exudes chutzpah (though not the arrogant type, it must be noted). Even under her ball cap and huge sunglasses you will sense her significance. “I definitely know it’s a big deal being a part of *FHM*’s 100 Sexiest List,” Rachel says of her inclusion in the list of the country’s sexiest. At this writing she’s the only athlete to break into the top 10. “I’m just glad that people appreciate me.”

Rachel’s rise to the top has been documented countless times. She had, in fact, started out as a swimmer. Then she tried out as a volleyball player for the University of the Philippines but got rejected. She would eventually join Far Eastern



University’s volleyball team and excel. As her star shone brighter, so did the sport of volleyball in the country. As such she is often credited as the one responsible in popularizing the sport in a basketball-crazed country.

And yet even with all the accolades she got, Rachel Anne is completely down-to-earth. This is immediately apparent in the way she would put everyone at ease around her. During the shoot, she would share jokes and anecdotes with everyone. You would think that with all that’s been written about her, her life is an open book. But the girl is smart; she only allows you to see what she wants you to see. When asked probing questions, she would only offer giggles. “Ano ba’ to, *The Buzz?*”





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# Blackwater

*Danika Nemis*  
Danika Nemis  
Model/Endorser

*Darling,  
be DARING*

P125

















AS IT TURNS OUT, RACHEL'S  
STORY IS NOT AT ALL  
UNUSUAL.

**M**y parents left to work abroad in Germany when I was in my 3rd year of high school. That really forced me to become mature as I looked after my siblings." Rachel, the eldest in the family, would be the big sister to the brood while trying to figure out her place in the world. Her parents got all three of them kids into sports, and this widened their universe—Rachel's particularly.

By all accounts, Rachel was good as a swimmer. Good enough to compete. "I was so nervous to compete in swimming," she recalls. "I'm not so good at motivating myself in individual sports. The burden is all on you, *ikaw lang mag-isa*. It's nerve-wracking." So nerve-wracking in fact, that she refused to show up at one competition.

"*Bahala na kung magalit ang coach ko*," Rachel recalls with a laugh. "*Di ko talaga sinipot. Sabi ko may sakit ako*."

Her mother, Josie, recalls the incident. She knew about it, and did not want to force her daughter into it if she did not feel like it. "*Mahirap naman ipilit kung ayaw talaga*," Josie says. "*Kung saan lang sila masaya*."

It is in this context that we come to understand why Rachel would choose a team sport. "It is extremely gratifying knowing that you have teammates to watch your back no matter what happens," Rachel says.

Quite contrary to her stellar status in the Philippine volleyball circuit, she felt she was at a disadvantage when she started out in the sport. "Late na ako nag-start," she admits. "*Yung iba galing sa mga Palarong Pambansa nung grade school pa lang* or high school. *Ako hindi*."

It was during this period that she was trying out at different schools. UP rejected her outright and she was wait-listed at UST, she claims. "*Sa UST, out-of-town yung team nila nun*, and it seemed like I was waiting for something that was uncertain." Perhaps the letdowns made her realize, or forced her to the realization, that she could take control of her destiny. Instead of waiting, she tried out at FEU. The rest is Philippine Volleyball lore.

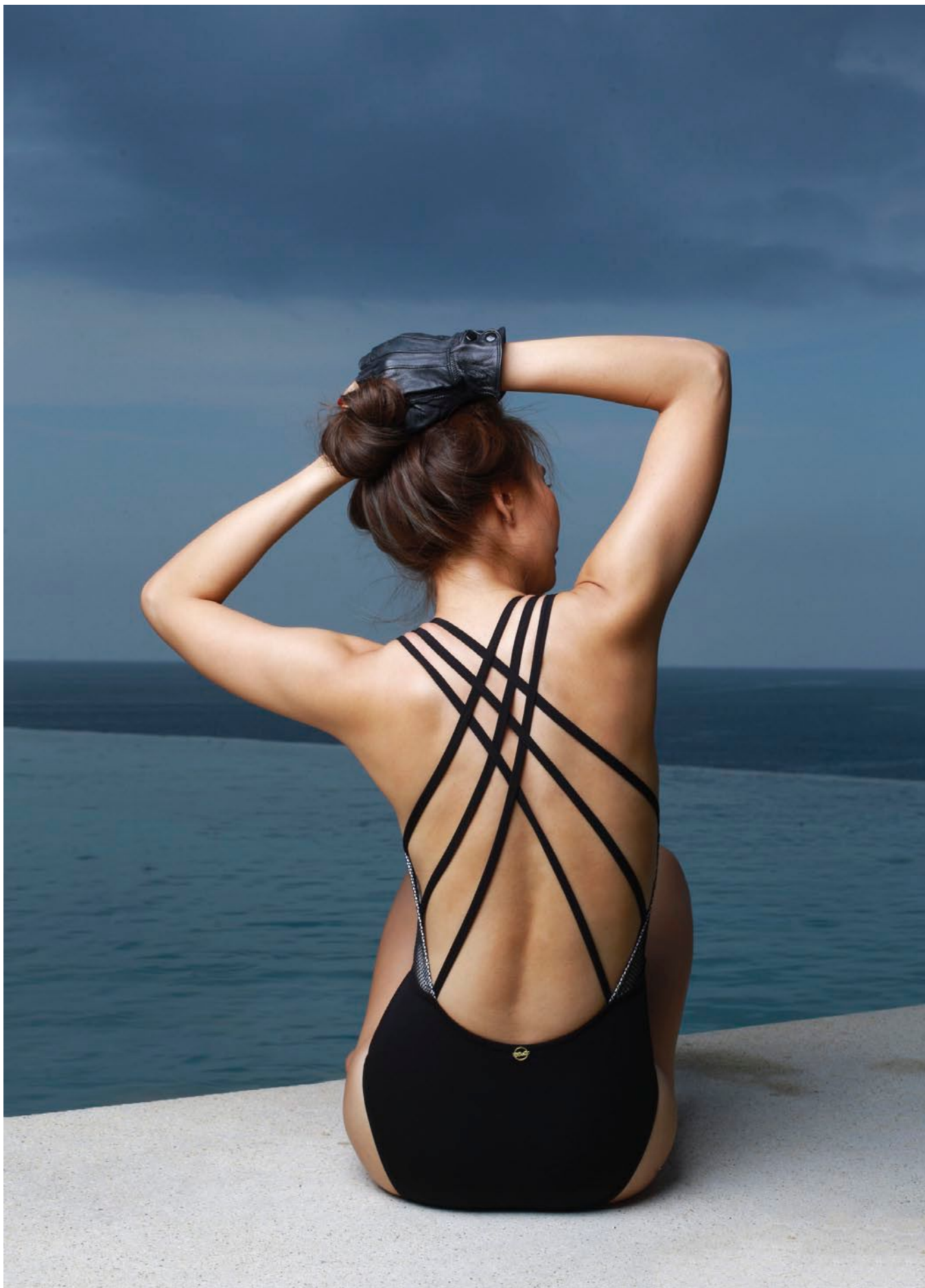
"I know my handicaps when it comes to sports," Rachel says. "But the rejections and disappointments molded me to become the person I am today. Plus the fact that I went through all the hardships, and doing all the hard work all those years, *sinasabi ko sa sarili ko 'ngayon ka pa ba susuko?*'"

Volleyball exploded in the country as Rachel showed fierce competitive fire in games. People took notice. "I think we were the first to fill an entire arena," she recalls. These days a number of local leagues have sprouted. Rachel says she would like to see everyone come together and raise the level even higher for the sport.

Even after all that she's accomplished for volleyball, Rachel is unwavering in her support for the sport. That she continues to compete competitively after all these years is a quiet testament to her loyalty to the sports that blasted the doors for her to pursue other things. And it's good for the sport.

Of course, it also helps that she's a stunner.















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## WHICH BRINGS US TO THE OTHER SIDE OF RACHEL.

**R**achel Anne Daquis, the model. Her modeling career started out earlier than her introduction to sports. “*Dun yata nagsimula yung lakas ng loob ko,*” she says, laughing at the thought. “*Punta ako nang punta sa go-see kahit alam ko na hindi naman ako makukuha.*”

She is being humble. From her mother, we get that Rachel was actually offered a modeling contract in Germany. “She auditioned for *Germany’s Next Topmodel* in 2014,” Josie recounts. “An agent went up to her and offered her a contract right there and then.”

Rachel did say yes, but she had to fly back to Manila and was thus not able to do the modeling gig in Germany. But the Germans’ loss was our gain. During the 2015 *FHM* 100 party, the crowd cheered loudly when Rachel took to the catwalk, which was surprising because a.)

she was an athlete in a sea of models and actresses, and; b.) she was not even wearing anything that hinted of much skin. The roar at the party confirmed that Rachel Anne Daquis was certified babe material.

So now Rachel moves in the universe of athletes and celebrities with relative ease. “I get recognized a lot when I go out,” she says, smiling. “It’s very flattering. Some even get emotional. And I really don’t mind. I know that I’m able to inspire people to become athletes, and that feels great.”

Despite getting offers to try show business, Rachel says she’s not quite ready to dive into it full time. “*Pag nag-artista ka, yung oras mo talagang kakainin,*” she says. “*Puyatan. ‘Di naman kami sanay sa puyat.*” She adds that should she decide to take modeling and possibly acting seriously, she would have to sacrifice her effectiveness as an athlete—and that is something she’s not ready to do just yet.

“*Nung nagpunta si Rachel sa Germany, natutuwa ako na maraming nakakakilala sa kanya dun,*” Rachel’s mom says. “*Syempre proud ako. Nasundan ko yung success niya kahit na andun ako sa ibang bansa.* To think *na in-enroll ko lang sa sports yan para malayo sa modeling.*”

We ask Rachel what’s next for her. “*Alam ko naman na hindi forever itong volleyball. Kaya pinaghahandaan ko na.*” Rachel says that moving to Germany for good is a big possibility. Her sister is already there. And his brother, who is set to graduate this year, is on his way.

“I actually enrolled in culinary school. *Gusto ko ring matuto mag-makeup. Kaso mabigat ang kamay ko,*” she says laughing. “*Baka masaktan ko lang ang mga kliyente ko. Gusto ko rin maging piloto.*” All these she ticks off like they were already done. Why not, indeed. You see her play. What Rachel wants, Rachel gets. **FHM**











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# FHM 100 SEXIEST 2016 IN THE WORLD

**CAST  
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VOTE**

**FOR THE SEXIEST  
IN THE WORLD**

IT'S THAT TIME OF THE  
YEAR AGAIN! WE'RE  
LOOKING FOR THE  
SEXIEST WOMAN ON  
EARTH AND TURNING TO  
OUR READERS FOR THE  
ANSWER: WHO'S THE  
SEXIEST?

## REGISTER ONLINE OR FILL THIS OUT

Register and log on to [www.fhm.com.ph/100sexiestwomen2016](http://www.fhm.com.ph/100sexiestwomen2016) where you can vote for ten (10) women per day.



The FHM Philippines' Sexiest winner is the woman who garners the most votes in the nationwide poll. Voting period is from April 1 to June 5, 2016.

Voters will be tallied by FHM and results will be announced in a special 100 Sexiest Women in the World 2016 supplement bundled together with FHM's July 2016 issue.

FHM Philippines reserves the right to block/prohibit/exclude votes entered through unscrupulous means such as electronic manipulation. Votes cast through these means will not be honored in the official tally.

Fill out ballots and mail them to:  
FHM 100 Sexiest Women 2016  
Poll, Summit Media Office, 7/F  
Robinsons Cybergate Tower 3,  
Robinsons Pioneer Complex,  
Pioneer St., Mandaluyong City 1550.  
Only original ballots will be accepted.

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
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- 8 \_\_\_\_\_
- 9 \_\_\_\_\_
- 10 \_\_\_\_\_

### YOUR DETAILS

Name \_\_\_\_\_

Birthday \_\_\_\_\_ Gender \_\_\_\_\_

Address \_\_\_\_\_

Contact No.: \_\_\_\_\_

Email \_\_\_\_\_

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SEXIEST  
2016  
IN THE WORLD

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WOULD YOU GIVE UP YOUR YOUTH AND MAKE THE

U N S

H E R





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LOUIS AREÑAS



ULTIMATE SACRIFICE FOR FREEDOM AND COUNTRY?

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THESE FIREBRANDS DID

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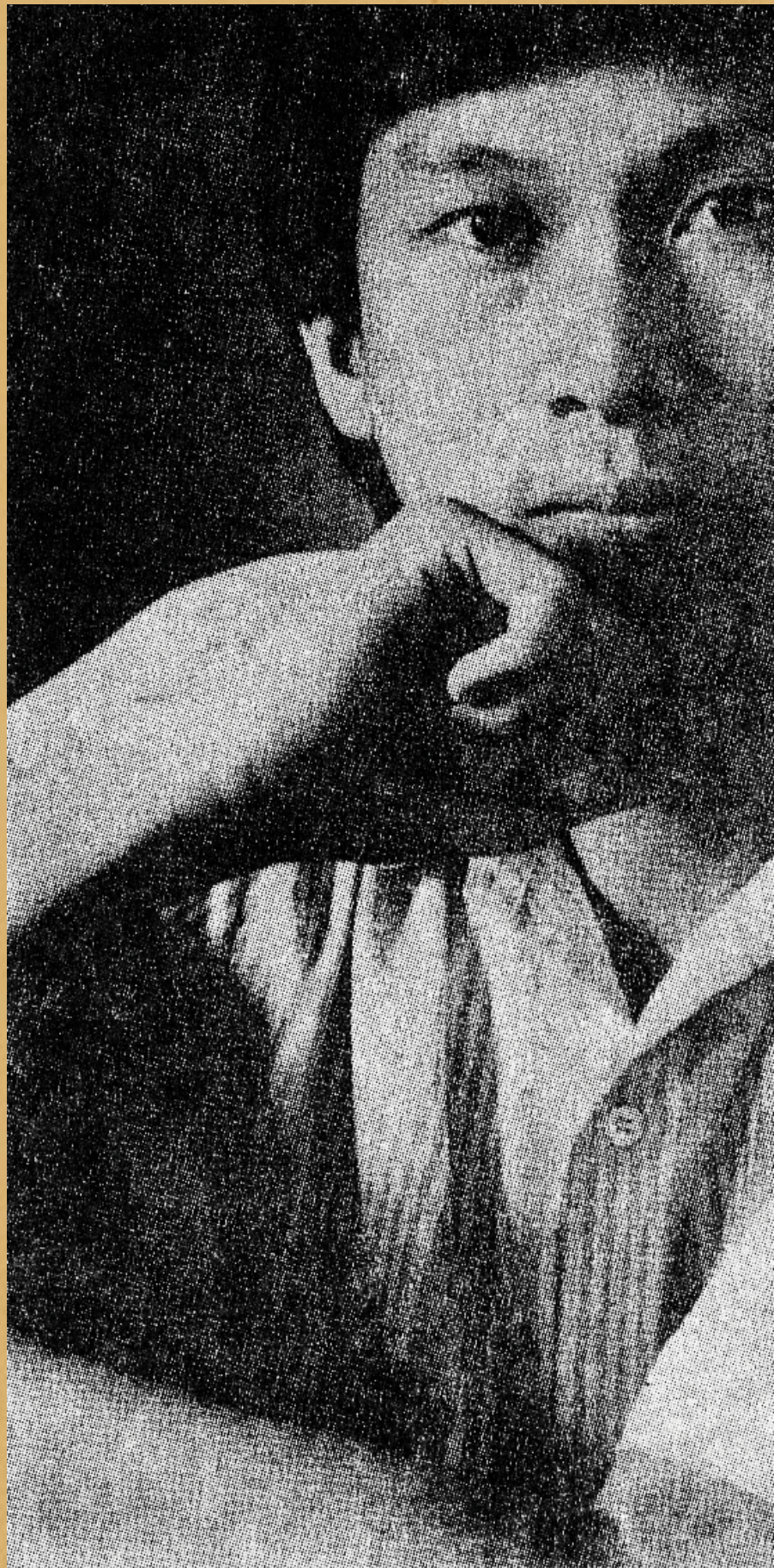
“ L O V I N G

M Y

C O U N T R Y ? ”

A lot of young people wonder how. “I have no wealth, I have no power, I have no influence.” But if you take the trouble of knowing the age of our heroes when they did their heroism, you’ll see that Jose Rizal wrote the *Noli Me Tangere* when he was 25 in 1886. Andres Bonifacio was 28 when he established the Katipunan in 1892. Emilio Jacinto was 19 when he joined the Katipunan and wrote the *Kartilya* in 1895. Gregorio del Pilar was 24 when he died at the Battle of Tirad Pass in 1899, and Emilio Aguinaldo was only 28 when he became President in 1897.

Needless to say, social movements were spearheaded by the youth, history was made by the young. But these are names etched in stone. They are National Heroes. Many of our young heroes emerged during the Marcos dictatorship, when civil liberties were curtailed and going underground (U.G., i.e. being a rebel) was an expression of fighting for your rights. They were students, but they were also activists (Tibak). At the time it was cool, but as the life stories of our heroes here prove, it was also fatal. Many were arrested, tortured, and died just for what they believed in. They were not petty criminals, but youth leaders and honor students from various universities that were pushed to the edge. There was a time when you could not even read a piece like this in a magazine—they died so you could. They were dreamers and idealists, and we need more of them now, not to die, but to live to make the real change...







## LEANDRO "LEAN" ALEJANDRO

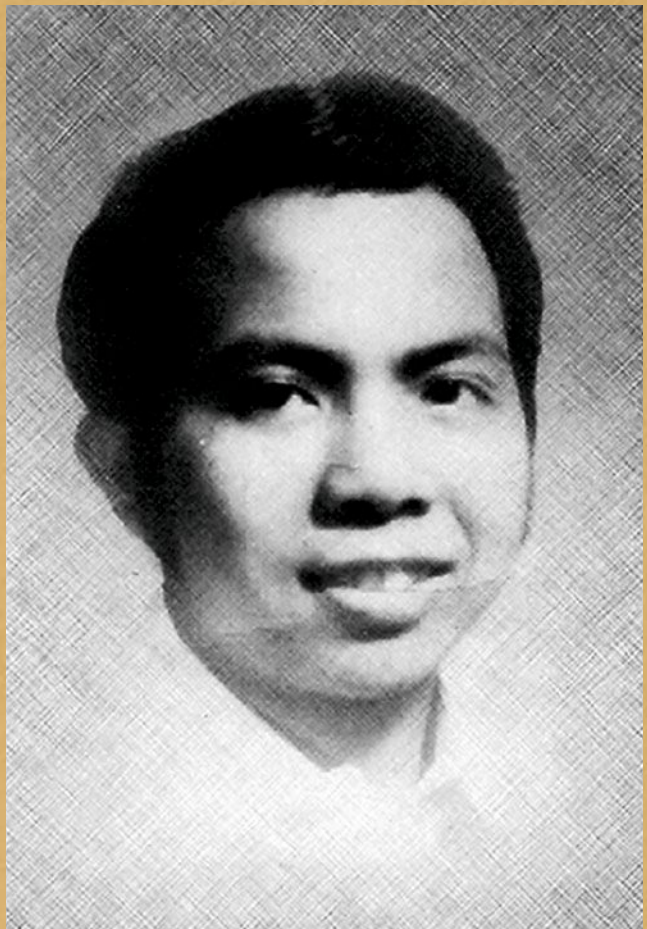
**July 10,  
1960-September  
19, 1987**

Lean once demanded that he be allowed access to the encyclopedia in the school library, which was only for higher grades. He was impatient with many of his teachers for teaching him what he already knew. He became a writer for the Philippine Collegian and chair of the UP Student Council. He leaped from campus to national politics as he became involved in the movement after the Ninoy Aquino assassination towards the People Power Revolution. He was so damn brilliant and charismatic that he was respected even by the old statesmen of the movement, like former Senator Lorenzo Tañada. He believed that the true activist must be a well-rounded person.

During the 1987 elections, Lean ran for Congress and was known to campaign around wearing tsinelas. This was "Tsinelas leadership" pre-Robredos. Although he lost, he did not stop serving the people. He survived the Marcos dictatorship and could have been one of the patriotic leaders of this country. But on September 19, 1987, he was in the passenger seat of his car reading Antonio Gramsci, on his way to the BAYAN office. As he lay his book down, a bullet smashed half of his face and neck. He was 27.



PHOTOS COURTESY OF BANTAYOG NG MGA BAYANI



## EDGAR "EDJOP" JOPSON

**September 1  
1948-September 21, 1982**

Among the activists during the First Quarter Storm, this ex-Ateneo student council president was taunted as a "moderate" then. So moderate that Marcos agreed to talk to him at the height of the siege of Mendiola on 30 January 1970. Yet, he managed to bravely ask the president to sign a covenant not to change the constitution and run for a third term. Marcos quipped angrily, "Who are you to tell me what to do? You're only a son of a grocer!"

Martial Law radicalized him, helping

labor unions and eventually joining the New People's Army. In 1979, he was captured and tortured, but by bribing his guard, managed to escape. He was wounded, captured, and killed by a constabulary raiding party in Davao del Norte. He had nine bullet wounds in the chest, legs, and right arm. Edjop's murder on September 21, 1982 was a gift to President Marcos on the 10th anniversary of Martial Law.





**WILLIAM  
VINCENT "BILL"  
BEGG**

**December 10,  
1948-March 18, 1976**

William Begg was a Filipino-American Ateneo seminarian who frequently immersed with the urban poor. He joined the Kabataang Makabayan. Despite the fact that his whole family were American citizens, he chose to be a Filipino citizen. He was kicked out of the Ateneo despite being a candidate for the top honors and was imprisoned for months when Martial Law was proclaimed. He went to UP, but left it to join the New People's Army in 1974. He was captured alive in a military raid in Isabela in 1975 that left four companions dead. He was tortured to death with "seventeen stab wounds, eleven gunshot wounds, a broken rib cage and smashed hands." He was 24. His orgmates at the UP Lipunang Pangkasaysayan gave tribute to him, "*Hindi ka mamamatay, Billy—patuloy kang nabubuhay sa dakilang tradisyon ng paglilingkod sa sambayanan.*"

## LILIOSA HILAO

**December 10,  
1948-March 18, 1976**

Heroism is not just the monopoly of men. Lily was a writer and a student leader at the Pamantasan ng Lungsod ng Maynila. In 1973, she was arrested with friends when the police did not find her sister in their house. They threatened her with torture and sexual molestation. She declared to her captors, "Democracy is dead in the Philippines!" After a few days, she died in Camp Crame under constabulary custody.

It was said that she committed suicide by drinking muriatic acid in a men's bathroom. But her family would not believe it because when they claimed her body, there was a cut done by a saw, up to her vagina. They took out her brain and stomach, and, like dinuguan, tore them into pieces. These were brought to the funeral parlor in a pail, soaked in muriatic acid. Lily died at 23, the first under detention in a military camp during Martial Law.



## FARTHER BACK IN HISTORY

### **Heroes of WWII HUNTERS ROTC GUERRILLAS**

When some PMA students and ROTC cadets were rejected by the Americans because they were too young to fight the Japanese, they organized themselves into the Hunters ROTC guerillas—founded by Miguel Ver, Terry Adevos, and Gustavo Ingles.

They started by taking guns from armories of the universities. After the ambush at Pugad Lawin at the boundary of Rizal and Laguna on August 30, 1942, where 19 Hunters killed all 200 soldiers on sight, they made people realize that the Japanese could be defeated. They established such a ferocious reputation that people were surprised to realize that they were just schoolboys.

### **First young martyr in Philippine history**

### **BRAVE YOUTH OF MACABEBE**

Macabebes were known to be "traitors," but the first martyr for freedom in the Philippines ever recorded was one of them. In 1571, a Kapampangan, described as a "brave youth from Macabebe"—a "binatilyo"—brought his people from Hagonoy, Bulacan, in 40 karakoas or warships and told the Spaniards, "May the lightning strike and split me through my body, and my women see me in despised if I ever do make peace with you; at the bar of Bancusay I await you." On June 3, 1571, in the Battle of Bangkusay, he faced the Spaniards. He was mistaken as Tarik Soliman or Rajah Soliman—Spanish records from 1590 referred to him as Bambalito.



## EMMANUEL "EMAN" LACABA

**December 10,  
1948-March 18, 1976**

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A young writer and poet who wrote about people in the margins—the tragic members of the Lapiang Malaya and the Rizalist Kapatirans of Mt. Banahaw. In 1974, he joined the New People's Army in Mindanao. In 1976, the military wounded him in a raid in Davao del Norte. Two of Eman's companions died in the raid, and an 18-year-old pregnant comrade was captured alive with him. Both of them were executed; his captors fired .45 calibre bullets into his mouth and chest. He was tied in his ankles and dragged like a pig to a common grave. He was 27. We don't usually realize that a lot of our heroes are poets—Rizal, Bonifacio, and Eman. Before he died, he wrote a "Letter to the Filipino Artists":

*We are tribe less and all  
tribes are ours.  
We are homeless and all  
homes are ours.  
We are nameless and all  
names are ours...*

*The road less traveled by  
we've taken-  
And that has made all the  
difference:  
The barefoot army of the  
wilderness  
We all should be in time.  
Awakened, the masses are  
Messiah.  
Here among workers and  
peasants our lost  
Generation has found its  
true, its only home.*



**Michael Charleston "Xiao" Chua** is an assistant professorial lecturer at DLSU Manila. He co-authored the book *Bonifacio: Ang Unang Pangulo* and is the coordinator for the petition for Andres Bonifacio to be considered the first president of the Philippines. He is historical consultant for various TV shows tackling Philippine history. He is spokesperson of the Knights of Rizal on the Torre de Manila issue. **FHM**



WORDS  
CECILE JUSI-BALTASAR

# mind- blowing mnemonics

**Remember everything. Forget nothing. Without becoming an elephant\***



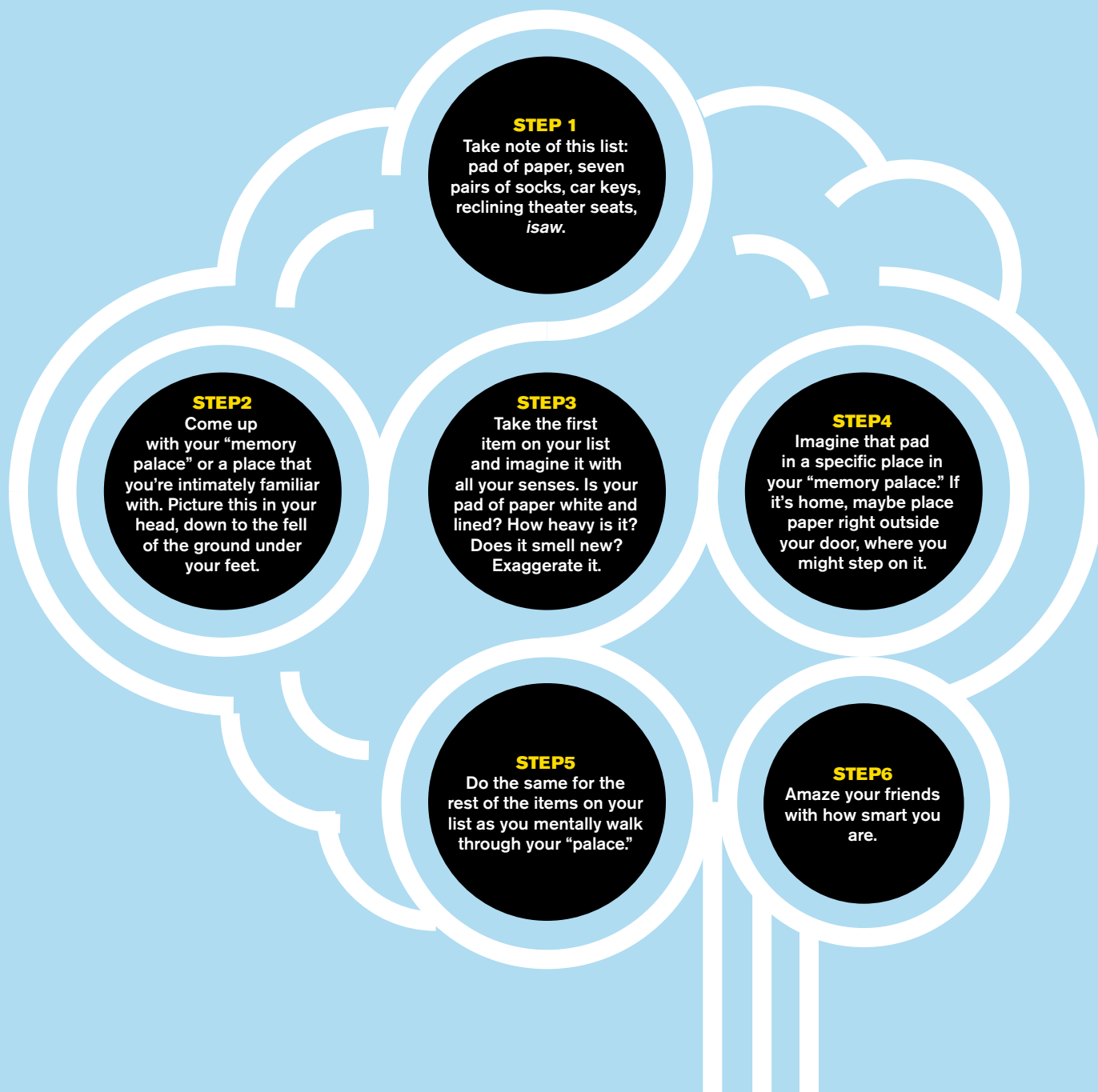


\* PACHYDERMS HOLD THE REPUTATION AS ANIMALS WHO NEVER FORGET.

**DID YOU KNOW?**

We are born with about 10 billion neurons. Each day, about 10,000 neurons die, and they can't be replaced with new ones. (But with a healthy lifestyle, you can lessen the dead neurons per day.) "That's why, on average, we can't fully live beyond about a hundred years," says Dr. Perry Noble, neurologist and faculty member at Makati Medical Center's Memory Center. "Sure, you can live beyond 100, but just functionally. Your brain won't be completely working anymore because there are no longer enough neurons to sustain optimum mental activity."





Big revelation: Our brains are actually biologically wired to remember everything. It's a computer that's capable of retaining information like your hard drive. We do not kid. In 2010, *Moonwalking with Einstein* author Joshua Foer spent a year learning under Ed Cooke, a British grand master of memory, how to remember things better. At the end of that year, Foer—who always forgot where he put his keys—was the United States memory champion.

This is how he trained his brain to work.

In his book, Foer writes that he learned to do "elaborative encoding, the most basic principle of all mnemonics." His mentor, Cooke, explains: "The general idea with most memory techniques is to change whatever boring thing is being inputted into your memory into something that is so colorful, so exciting, and so different from anything you've seen before that you can't possibly forget it."

## Mind habits of people who rely on memory for work

THE BARTENDER

**LARRY G. GUEVARA**

Use visual cues. "I set up the necessary glassware in front of me so I can remember exactly what drinks I need to prepare."

Use acronyms. "I've been working behind the bar for 13 years now, and this is the most dependable way for me to remember recipes."





# What to do to keep your brain cells intact

## PHYSICAL EXERCISE

Dr. Noble participated in one study to see if there was a change in the size of the hippocampus between people who did regular ballroom dancing and people who were sedentary. The result: the movers had theirs bigger. Hello, Tango.

## MENTAL CALISTHENICS

Routine is gold, but getting out of your mental comfort zone is better. "Learn something new every day," says Dr. Noble. Listen to new music. Look at art. Learn a language. Learn Sudoku. Talk with women, as in talk.

## EAT RIGHT

Nuts, fruits and veg, deep-sea fish, olive oil instead of regular cooking oil—three neuron-friendly diet. "The diet that prevents high cholesterol and sugar levels—that's the same diet that preserves mental functions," says Dr. Noble.

## CHILL

"Stress affects blood supply," says Dr. Noble. "A lot of my patients in their 30s and 40s have memory problems. Their common denominator is that they work under a lot of stress."

## MEMORY PILLS

Adderal, Synapsil, Gingko—these are available here and help regulate your brain drain. But Dr. Noble also prescribes alternatives: capsulized curry and turmeric (or *dilaw na luya*). "Failing memory is also caused by soft-tissue inflammation, which these alternative pills fight," he says. "We have to accept that all of us will undergo the slope of mental deterioration against time. What these things will do is just to change the slope so it will be gradual and perhaps more meaningful and acceptable to us and to our family and friends." But remember, don't self-medicate. See your doctor!

## How memory works

"In establishing memory—when you first try to memorize something—there has to be a stimulus that should be recognized by your brain. If your brain has no reference for it, it will reject the concept as a memory," says Dr. Noble. Several lobes in your brain work together to cement your memories.

### FRONTAL LOBE

Runs your voluntary movement, is responsible for your attention span, and gets you to choose between right and wrong. It's also what keeps your short-term memory going smoothly.

### PARIETAL LOBE

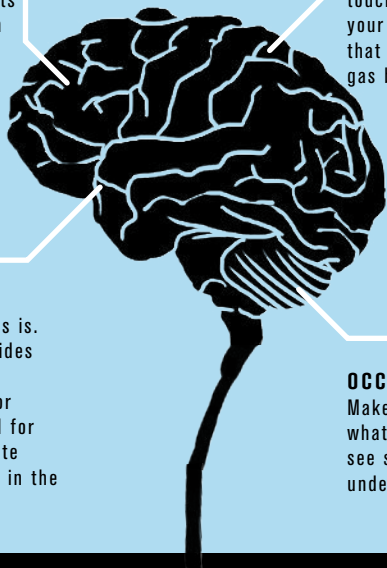
Quickly processes sensory information—taste, temperature, touch. It's the part of your brain that tells you that someone let loose a gas bomb in the elevator.

### TEMPORAL LOBE

Where the hippocampus is. "Memory primarily resides here," says Dr. Noble. "Long-term memory—for example, what you had for dinner on your first date with your girlfriend—is in the hippocampus."

### OCCIPITAL LOBE

Makes sense of what your eyes see so we can understand it.



## WORD ASSOCIATION: A SUPER SIMPLE TRICK TO MATCH FACES WITH NAMES

Girl eating  
fishballs

Ang sarap  
ng fishballs

Lasa ng  
fishballs

Lasa

Lana

Girl you once went out with; you have a pic of her on your phone eating fishballs. Her name: Lana

Big beard

Big Bird

Birdie

Benjie!

Big dude with a beard. His name: Benjie

## THE ROCKER WEIL YLAGAN

Rehearse. "Prior to performing new original songs live at gigs, we rehearse the entire set several times over." Listen. And sing along. "I put demos of our songs on my iPod and listen to them over and over again while singing along." Drop the stress. "*Pag tugtog, tugtog lang. Wala munang traba-trabaho o emo-emo.*"



## THE INTERPRETER GENIE AHN

Read. "I have many glossaries I read over and over again to memorize the terms both in English and Korean. Legal, medical, business. I read them all." Be a parrot. "Have someone say a sentence to you and repeat it word for word. You'll be surprised how difficult it is to remember every word they say, and in the order that they say it."

## THE STAGE ACTRESS CHINA COJUANGCO

Be a manic note-taker. "I jot down every single movement—stage right or left, upstage or downstage. Then I memorize my lines." Repeat. Repeat. Repeat. "We rehearse six hours a day. Doing that every day, you'll end up remembering lines and blocking."

## THE MED STUDENT RALPH

Barrage yourself with information. "If you have to, post cue cards of what you're trying to memorize around the house, especially the refrigerator door." Hang out with a sounding board. "Have everyone ask questions and verify answers. Active interaction helps."





# NOBODY DOES THIS SHIT ANYMORE



**Have we  
become  
hopelessly  
boring?!**

WORDS  
**Karl De Mesa**

ILLUSTRATIONS  
**Louis Arenas**



My, how times have changed. And a lot of the change has happened, if you ask scientists and statisticians, within the last 15 to 20 years. Blame technology and blame what adherents of the inventor (the Kurzweil K250 music synthesizer) and author (*The Singularity is Near*) Ray Kurzweil call the coming of the technological “singularity.” As mobile and computing tech advances faster, at an exponential rate, the singularity, Kurzweil and his apostles predict, will soon enable us to give birth to artificial general intelligence. The singularity is thus a hypothetical event in which humans become the creators of another self-thinking, spontaneously learning being—one that will likely surpass our own brains and abilities. Hello, Matrix!

Kurzweil predicts the singularity will happen around 2045. By then the machines will take over and we won’t have to do much. By then, when we say, “nobody does this shit anymore”, it will mean pretty much everything that we’d been doing since we last did things for ourselves.

Meanwhile, it’s 2016 and thankfully we’re still pretty much in control. But we have been noticing a lot of those “nobody does this shit anymore” moments lately because, well, some things are starting to disappear. So, before they completely go, let us remember them for what they were and look forward to the Singularity, and the imperial boredom that it brings...

## WAITING

By waiting, we mean really waiting—when you sit around at some designated place wondering when the douche would show up, and there is *absolutely no* way you can know where he is or what the fuck has happened. There is no mobile phone. The unwritten protocol was you just wait. You could wait for hours for a girl back then and it would be all right. Nobody does that shit anymore. Which brings us to...



“Eight hours... still not here.”



## CALLING ON THE PHONE

By calling on the phone, we mean calling on a clunky landline. With mobile phones cheaper than getting a landline connected, almost two whole generations have never known the phrases “telebabad” or “partyline.” Nor has any adult urged them to: “Get off the damn phone, I need it.” Similarly, these young punks have been spared the chore of dialing directory assistance to get a person’s number and the agony of calling your crush and then having the parent answer the phone. Damn it, who even uses their cellphone to call anymore?!

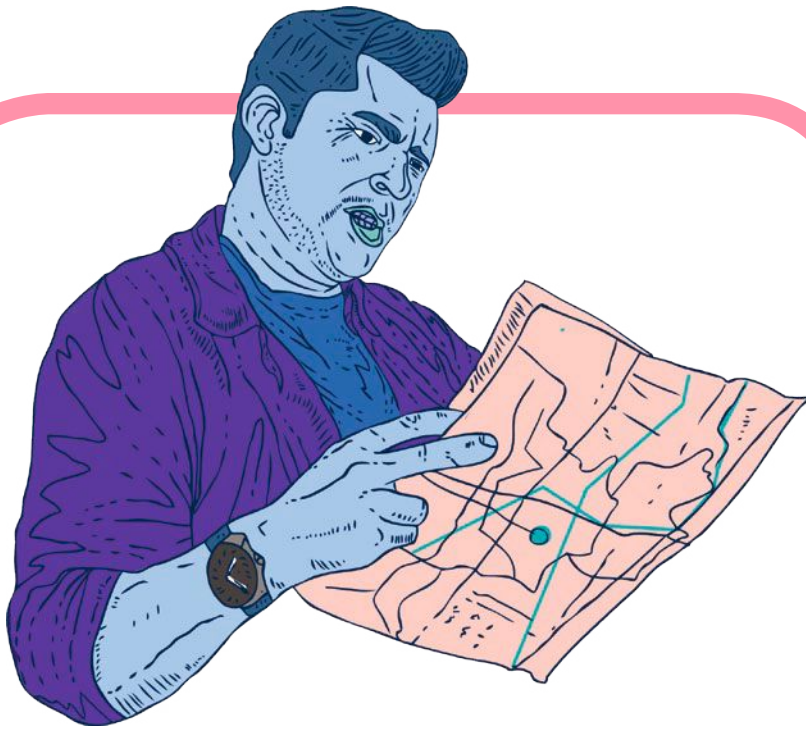
## THE “BLIND” DATE

A by-product of social media being on full penetration, it gets harder and harder to hold yourself back from Googling your potential date that it’s almost novel and retro to actually go on a real “zero info” blind date. Hookup apps like Tinder, Happn, Loveflutter, Hinge, and Bristlr (only for bearded men and lovers of mind) from random to quasi-random also ensure that the level of blindness is adjustable for that perfect movie moment you can screenshot to Facebook almost instantly.

## LOOKING AT THE SUNDAY CLASSIFIEDS

People looking for jobs and apartments used to buy and check out the classifieds on all the Sunday newspapers like they were hardcore collectors. When the job sites took over, it seemed employment also disappeared. Almost as gone as the old employer declarative: “You’ll be paid well above the industry standard, with full medical and dental, with a nice pension upon your retirement.”





## CHECKING HUGE FOLDOUT STREET MAPS

“Really?! People did that?” Yes we did. unfolded it out of our back pockets, and checked for streets and landmarks. “You didn’t use Google Maps?!” No we didn’t, asshole. Can you fold your phone?! No, you can’t.

## THINKING YOU’RE NOT A BULLY

Apparently, we’re all bullies now according to the micro-aggressions concept. First used by psychiatrist Chester Pierce, Merriam-Webster defines it as “a comment or action that is subtly and often unintentionally hostile or demeaning to a member of a minority or marginalized group.” While the concept and term are usually used for racial slurs, it’s also an act of micro-aggression to joke about in vitro babies, revisionist history, saying teens are pimply, smiling at women, not smiling at women, shitting kitties, Duterte, being outwardly offensive, trying not to be offensive. In the process of writing this we have already offended ourselves 366 times. We’re such a baaad bully.

## HURRYING HOME TO WATCH TV

There have been many ways to circumvent having to get to a TV at the exact moment of a show’s scheduled airtime. First there was TIVO, then came torrent, now we have Netflix (and chill). Who among us has not marathoned *Breaking Bad* out of the original context of its airing? *Mad Men*? *Daredevil*? *How I Met Your Mother*? Since we’re on the issue, are you even hurrying home to watch these on TV? Now you’re asking yourself, “where is the TV in this house anyway?” Good question. You don’t know anymore because as long as your TV isn’t connected on the Internet, it really is an irrelevant piece of junk these days.

## CALLING SOMEONE FAGGOT

When was the last time you heard foul taunts, swears, and epithets of faggot on the street? There may be hope for humanity yet. Seriously, dissing someone for their choice of sexual partner these days is considered just as abhorrent as being racist or hating on puppies. And we will fight anyone who hates on puppies. Seriously, bro. #LoveWins





## PLAYING OUTSIDE

Used to be, playing outside was a great thing: you got fresh air, you learned socialization and the concept of teamwork, you also got to exercise. Which was why our parents worried so much they had to come up with lame logic like: "*Labas ka ng labas. Dapat natutulong ka sa hapon para lumaki ka.*" Now, kids are holed up at home with their devices. They can sit for eight hours, eyes locked on their screen. Now parents are saying: "*Bakit ayaw mong lumabas?!*" And the kids are asking: *ano yung baril-barilan at bahay-bahayan?* LARP? Which leads us to...

## WTF IS SIYATO?

Almost as much as the lack of outside play has dwindled, so too has a whole plethora of traditional Pinoy street games that have been the staple of kids' playtime up to the early 2000s, before cellular tech became so cheap everybody's become able to lug around their own screen. Kids

these days will never know the strategic acumen it takes to win a game of *piko* or *tumbang preso* or *taguan* or *langit lupa*, the squad wars viciousness of *agawan* base, the athleticism it takes to play *sipa* and *siyato*, or (for the girls) jump rope and Chinese garter.

## TYING SALAGUBANG LIKE A DRONE

This happens after it has rained in the afternoon. If your folks were cool and *pinaligo ka sa ulan*, you're lucky—you'd find these June beetles on mango trees ahead of the other kids. You'd catch one, tie a string around its legs, and let it fly. And the *salagubang* would. It would fly round and round tied on the string and you'd be happy playing with them.

And then the girls would be gathering *gumamela* flowers for their bubbles...



## WARRING WITH GAGAMBA

Remember those gladiator spiders you caught, nurtured, and bred to become awesome fighters? Then you challenged your friends to a neighborhood killer *gagamba* tournament? Yeah, kids don't do that anymore and several whole generations of house spiders (potential champions all!) have been spared the iniquities and cruelties of little boys. We seriously want to make this happen again.

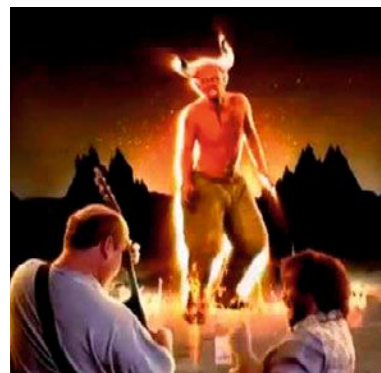


## THE ROCK GUITAR SOLO

Guitar solos? Wtf are those? While the Atmospheric Black Metal genre has thrived, the concept of the hard rock, face-melting, panty-dropping, guitar solo has gone the way of the young guitar hero. Name an iconic rock guitar player from the current generation that qualifies as a candidate for today's Jimmy Page, Tom Morello, Zakk Wylde, or Slash who's playing inspires and edifies? NOTE: Those asshats in Dragonforce don't count.

## SINGING ABOUT THE DEVIL

When we listen to rock or heavy metal, we are supposed to be dangerous. We are supposed to be feared and reviled. And that's what made it cool. Who cares about deep lyrics and shit? Iron Maiden was the only thing that mattered when they sang "666! The number of the beast!" or "Bring your daughter to the slaughter!" Even those church-burning Satan-worshipping Nordic black metal guys had sagging balls when faced with the wrath of Iron Maiden. Nobody sings devil shit like Iron Maiden anymore. **FHM**







USELESS

# LIFE



ILLUSTRATIONS  
CARLOROZY CLEMENTE







# SKILLS

WORDS LEX CELERA

Don't rule them out. There just might come a time when you need to call on your weird talent to rescue you

**T**hroughout our lifetime, we develop skills to help us make the world a better place. From the moment we were born to our last breath,

our human instinct compels us to pursue new, greater challenges to broaden our minds and hone our talents. We know we were meant to be good, responsible contributors to our society, so we pick up the necessary skills along the way.

But those skills are boring. Important. But boring. Surprisingly, a lot of people have weird, seemingly useless talents. But apart from being featured in Vines or

memes, they really don't get the recognition they deserve because they don't fit the image of what society deems relevant and useful.

We're here to tell you that society is completely wrong! Of course your butt-clapping talent can be put to good use. Don't believe us? Here's a list of skills you need that may actually turn out handy in an emergency.





## MAKE AN IMPRESSION

### TYING YOUR SHOELACES INTO A PENTAGRAM

**Most useful when:** You run into a cute emo goth chick but are unable to convey your edgy dark side. If your all-black ensemble with matching pagan amulet and jet-black eyeliner aren't enough of a hint, flash those kicks her way and you'll be part of her cult in no time!

### SPEAKING WITH AN IRISH ACCENT

**Most useful when:** You're surrounded by man-eating leprechauns and the only way you can get out is to earn their trust by singing traditional Irish folk songs. Thank Conor McGregor for making this thick accent sexy.

### MASTERING LATIN

**Most useful when:** You left something out on your important presentation and you have no choice but to send your angry boss and your disappointed clients to the shadow realm, "*Lorem ipsum dolor sit amet...*"

### KNOWING BUTTERFLY KNIFE TRICKS

**Most useful when:** You're being hired as entertainment for extreme children's parties or when you just want to hang around sidewalks looking *maangas*. Those preschoolers will think first before messing with you.

### HOW TO

#### AWKWARDLY DANCE TO ANY SONG

- 1 Bob your head to the beat and shuffle your feet.
- 2 Let your hips and shoulders follow.
- 3 Use your arms and do awkward actions, like rolling dice, flipping burgers, and sniffing your armpits.

#### Most useful when

You're in between drunkenness and sobriety, and your ride home doesn't want to leave yet. They're talking to some drunk girl and her less-hot-but-equally-wasted friend invites you to the dance floor. Time to bust out those moves, baby.

### HOW TO

#### BOTTLE YOUR FARTS

- 1 Lie down in a tub of water.
- 2 Fill a drinking bottle halfway.
- 3 Cover the mouth with your thumb, invert the bottle and submerge halfway.
- 4 Place a funnel inside the opening of the bottle and fart into it.
- 5 Cover the bottle with cork and share with your friends.

#### Most useful when

You accidentally eat the macaron-looking soap and you can't afford another one. Open the bottle at bath time and relish the fragrance.



## BUTT OF THE JOKE

### FARTING ON COMMAND

**Most useful when:** You just ate a whole bag of prunes and a couple of eggs. Strategize when and where you're going to let out gas so people won't get too suspicious. Time to pretend to be an old Harley Davidson that's trying to start. Jerk your feet, squat a bit, and let out a good roar from the rear. Vroom vroom!

### CLENCHING YOUR BUTT

**Most useful when:** You're just sick of getting your hands dirty picking up fallen objects on the floor. With enough muscle control on your gluteus maximus, you can pick a pen up. Stop half-assing things—whole-ass them.

### TWERKING

**Most useful when:** You want to do a Kim Kardashian and shake a champagne bottle between your hiney's cheeks. It's actually pretty hard to do, but when you get the hang of it, you'll either be the life of the party or the guy who gets called in for public indecency.

### TURNING SOMEONE'S BUTT INTO BONGOS

**Most useful when:** The afternoon is a little dull and you decide to bust out an impressive drum solo while you're out in the wilderness with nudists. Bonus points if you get someone who likes a little butt-slapping.



# NINJA MOVES

## WALKING LIKE A NINJA

**Most useful when:** You want to check up on what the bae is doing when you're not home. Is she rummaging through your drawers? The pockets of your *maong*? Is she checking your search history? Find out the ninja way.

## CARD THROWING

**Most useful when:** You're at a huge networking event and your LinkedIn isn't impressive enough to draw attention. Avoid the formalities and throw your card straight into people's breast pockets. Or neck.

## TURNING EARPHONES INTO A WEAPON

**Most useful when:** Aside from impressive surround sound and a long shelf life, good quality earphones are also pretty heavy—heavy enough to be an improvised weapon, given the chance. Noisy commuters are disrupting your daily Carly Rae Jepsen sound trip? Swing your earphones around their necks; the left bud is busted anyway.

## DOING PARKOUR

**Most useful when:** Your nephew, who you only see in annual family reunions, doesn't believe you're athletic enough to jump over a four-foot fence. Prove how you're still a cool uncle and jump over him after vaulting the fence. Now he'll never grow taller.



## HOW TO

### PROPERLY EAT SUSHI

- 1 Don't rub your chopsticks together.
- 2 Lightly dip the fish in the soy. Put wasabi on the fish, not the rice.
- 3 Eat the ginger in between bites of the different types of sushi.

#### Most useful when

You're in Kikufuji and you don't want to embarrass your boss in front of the visiting potential Japanese investors. Imbibe their culture further by talking about animé.



# BODY LANGUAGE

## TWISTING YOUR TONGUE

**Most useful when:** You want to give your date a gift that doesn't leave a hole in your wallet but also hints at how good you are with your tongue. Gotta get good with those Chupa Chups!

## POSSESSING A SCREECH THAT CAN BREAK GLASS

It's true—maintaining a certain pitch can render glass into shards. The note doesn't have to be high, you just have to be good with your mouth and throat.

**Most useful when:** You want to end your lovemaking session on a shattering note. Shout your babe's name at sexy time and break down each other's walls...and windows, too.

## BREAKING YOUR OWN WRISTS

**Most useful when:** "Bae" leaves you blindfolded and handcuffed to the bed naked. You want to trust her but five hours seems like a long time to buy some foods.

## SPINNING A PEN IN YOUR HANDS

**Most useful when:** Your boss asks you in the middle of a presentation what all the numbers in your report mean. Buy some time by looking pensive while twirling your pen with your fingers. If you have no idea what to say, at least you can show everyone how dexterous your fingers are. **FHM**

## HOW TO

### LOOK SICKLY WITHOUT BEING ACTUALLY SICK

- 1 Lie still for at least five minutes.
- 2 Then jump up abruptly.
- 3 Your blood pressure will drop significantly, and you might even feel a little dizzy.
- 4 Let people see you pale as a ghost.

#### Most useful when

You want to take a half-day off work to catch up on your favorite series. Spring into action in front of your boss when it's time. Twitch a bit when you fall for extra effect.





**Run**

**away**

Photography

**KEVIN CAYUCA**

**with me**









Makeup and hairstyling  
**Vanessa Estor**

Styling  
**Joanna Marie Santillan-Santiago**

Shot on location at  
Aplaya Caarusipan,  
Pundaquit, San  
Antonio, Zambales

WHITE ONE PIECE, NEGRITA  
FLORAL COVER-UP, FOREVER 21

A woman with long dark hair is walking on a dark sandy beach. She is wearing a white one-piece swimsuit and a colorful floral cover-up. She is looking back over her shoulder at the camera. The background shows the ocean and some rocky islands under a bright sky.

## ASIDE FROM TREKKING AND MOUNTAIN PEAK SELFIES,

camping is another activity that has succumbed to the mainstreaming of everything to do outdoors. The usual problem is that while you may be eager to make your bed in nature's bosom, your female companion may be apprehensive about bugs, bats, and baths—or lack of it.

Our suggestion is to pitch your tent in the most picturesque location you can think of and tell her that's what real "glamping" is all about. We certainly convinced Rayane life in tents isn't bad—when she wasn't too busy taking souvenir photos in between our own photos of her...

**-Ash Mahinay**





NUDE DRESS, URDUJA FASHION  
MANDALA, PURPLE BEETLE







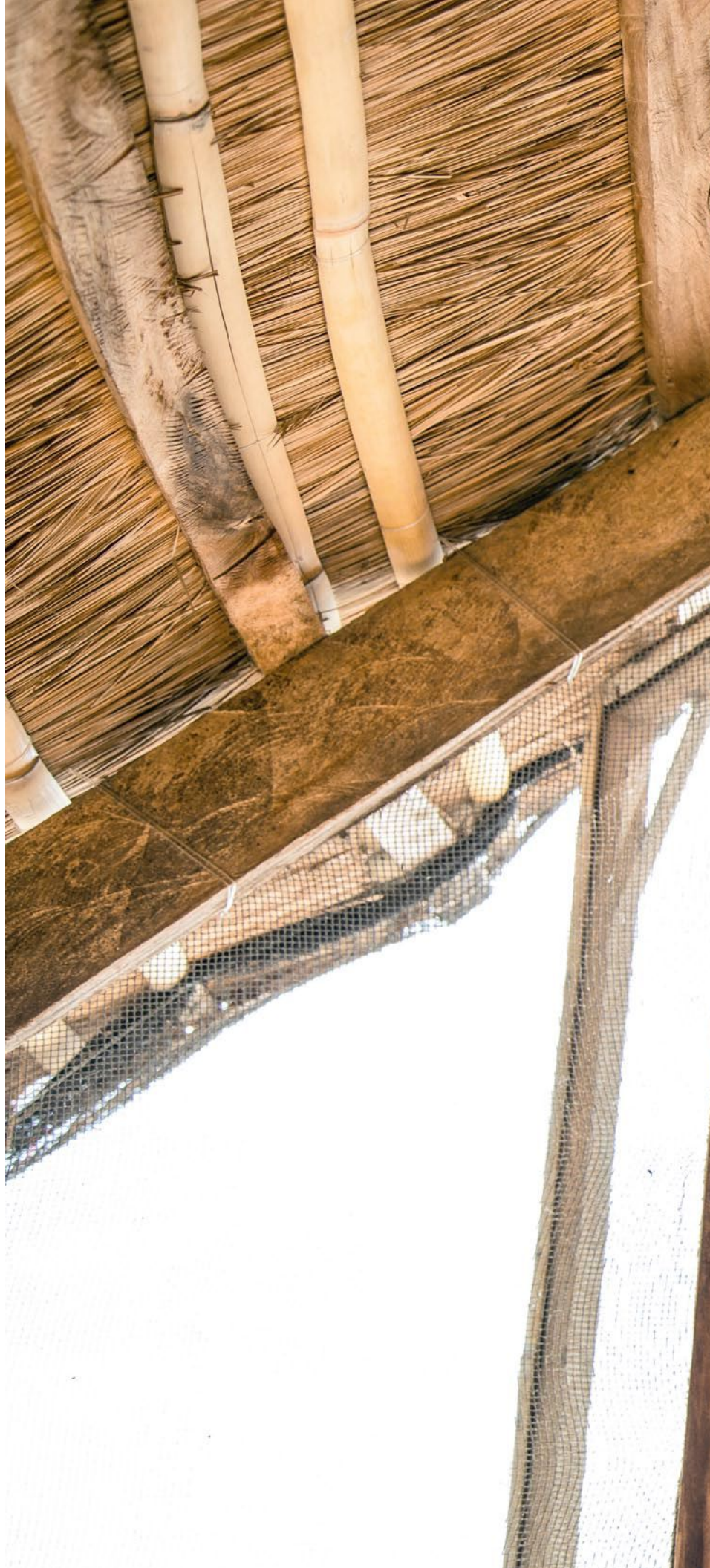








GREEN SWIMSUIT,  
SALT SWIM











# Sunny and Sexy

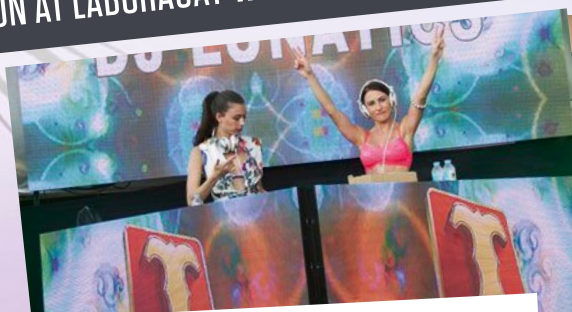
FHM CELEBRATED THE SUMMER SUN AT LABORACAY WITH BRIGHT LIGHTS, GREAT MUSIC, AND HOT BODIES.

**T**he sun was high as our fans got down at the sexiest party this summer. FHM's Boracay Grind was a festival of sounds, sand, and swimsuits that epitomized every bro's dream beach bash. Some of the country's hottest DJs took to the stage and put on an unforgettable show, while Tanduay and Petrol put everyone in good vibes with tasty drinks and awesome freebies.

And did we mention the hotties? The party was swimming in hotties.

Boracay Grind was, without a doubt, the highlight of the Labor Day weekend.

Co-presented by



DJ Lunatics Luane de Lima and Natalia Moon kept partygoers' blood pumping in more ways than one.



Lucky fans got their calendars signed in a meet & greet with Tanduay's 2016 calendar girls.



Our FHM-reading bros scored awesome freebies from the babes at the Petrol booth.



What's better than a Laboracay beach party? A Laboracay beach party with the lovely ladies of Tanduay!

DJ Nina brought the house down with her thrilling set.



The party buzz never stops—not when Tanduay's got you covered with overflowing drinks.



DJs Ornusa Cadness and Sanya Smith of The Zombettes put on a rocking performance for our appreciative crowd.

DJ XFactor showed everyone why he gave himself that name with a pulse-pounding set that drove everyone wild.



Marga On The Mic kept the crowd hyped as only she can—with non-stop energy.



Boracay's hottest came out to play at the Boracay Grind. Don't miss the next one!



# fits

**MASTER  
YOUR LOOK**

Edited by **ASH MAHINAY**  
mikeyashlie.mahinay@  
summitmedia.com.ph

NIKE AIR  
PRESTO ULTRA  
FLYKNIT  
P8,095



## New fundamental

THE RETRO-ING\* OF CLASSICS STAYS STRONG WITH THE PRESTO

Every generation has their hero shoe. For a large segment of those of you born in the late nineties, the Nike Presto was probably the pair that you coveted as a broke-ass youth. And here it is again in Ultra Flyknit guise—as if you needed any more temptation to grab one right now. Aside from growing a collar and wearing finer threads, this Presto also dons some equally mature tonal colorways—in other words, we'd like to think it grew up with us as well. Will it become the eventual dream shoes of kids born in the 2010s? Probably not! But that's good because we want them all to ourselves.

\*retro = to reissue, rerelease

WORDS: ASH MAHINAY





FIT SPO

# Battle royale

CHANNEL YOUR ANIME GEEKNESS TO YOUR SQUAD

Words

**ASH MAHINAY**

Photography

**RG MEDESTOMAS**

Styling

**JAQUE DE BORJA**

Grooming

**JANINA DIZON**

Shot on location at Toby's Arena, Quorum Group of Companies Center, Lot 1 & 2-A Good Harvest Complex, C. Raymundo Avenue, Pasig City

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All Nike items available online via [Zeus.ph](https://www.zeus.ph)

"Bring dark and light."

Aside from the all-important confirmation of that "G" text, the aforementioned message is most likely sitting in your inbox on sports scrimmage day. If we've learned anything from '90s anime though, it's that your squad's uniform can say a

lot about your play styles. Rarely does a team show up in uniform kits for a practice game, probably because they're already worn, soiled, and stinking from real training. So, here's everything we learned about team dressing from watching anime.



## STRONG/EVIL TEAMS WEAR UNIFORMS

The Saiyan race isn't necessarily evil despite being considered barbaric and warlike, but they are definitely a force to be reckoned with. And in a universe where you tell people apart basically through hairstyle, their armor is a strong identifier. Your Sunday team may

SAIYAN TEAM L TO R

### PHILIPPE

BLUE SWEATSHIRT, P1,490, UNIQLO; GRAY LONG TEE, P650, MNLA; NIKE FUTURA REVERSE TEE, P1,595; BLUE JOGGING PANTS, P1,690, UNIQLO; CONVERSE WHITE CHUCK TAYLORS

### SKY

BLUE HOODIE, P1,690, UNIQLO; RUNNING TANKTOP, P1,395, UNDER ARMOUR; BLUE JOGGING PANTS, P1,690, UNIQLO; NIKE KAISHI NS, P3,295

### DANIEL

RUNNING JACKET, P2,495, ADIDAS; NIKE FUTURA REVERSE TEE, P1,595; COMPRESSION TIGHTS, P2,795, UNDER ARMOUR; BLACK SHORTS, P995, ADIDAS ESSENTIALS

### KIRST

BLUE HOODIE, P1,690, UNIQLO; RUNNING SHIRT, P2,795, UNDER ARMOUR; BLUE JOGGING PANTS, P1,690, UNIQLO; NIKE AIR MAX 1 ESSENTIAL, P5,795





not have numbered jerseys, but even wearing the same template shirt will give you that “strength in numbers” appeal.

## 02 HAIR OPTIONAL

We see full varsity squads all get a *dos* in the name of team spirit (or punishment), but rarely do you see drastic hair changes in animé. Save for the occasional Mitsui or Sakuragi, your protagonists will keep their wavy locks even in the face of planetary destruction. Do the same for your crowning glory.

## 03 IN THE BEGINNING, YOUR STUFF IS YOUR IDENTITY

Team Urameshi were nobodies at the start of the Dark Tournament, but you can be sure that enemy demons quickly feared that “little guy in black,” that “femme looking guy in red,” and maybe not so much that loudmouthed ginger in

↓ Team Urameshi, Yu yu Hakusho, Yoshihiro Togashi



blue. But what we’re saying is, if you show up in a new neighborhood in a motley assortment of kits, opponents will quickly refer to you based on clothing alone. This is both a pro and con.

## 04 THE BEST PLAYER WEARS THE BEST STUFF

Or at least a unique color. Obviously, you can’t tell your teammate not to wear red shoes like you (assuming you are the

best!) without sounding like a massive tool. But you can sarcastically say, “*Ganda ng sapatos ahhh*,” and influence the rest of your team into gradually slutshaming them into stepping out of the hue that is made for you.

## 05 THEY'RE JUST CLOTHES (AND SHOES)

The Z Fighters often end a battle with fewer clothes than they started with—their threads having been blown up, blasted, or punched away. Sometimes the clothing damage is self-inflicted, like when they’re peaking so hard that the fabric of their outfits gives up trying to contain their bulging muscles or spirit energy. So don’t be afraid to soil your kit if it means saving that out-of-bounds ball or blocking that goal-bound shot—you may scratch, dirty, or even tear your pricey stuff, but you’ll be playing at 100 percent whenever that happens.

### TEAM URAMESHI L TO R

**HIEI/SKY:**  
HEADBAND, NIKE; BLACK LONG TEE SHIRT, P650, MNLA; QUILTED JOGGER PANTS, P1,100, MNLA; CONVERSE CHUCK TAYLORS

**YUSUKE/DANIEL:**  
GREEN JACKET, P3,295, ADIDAS ORIGINALS; WHITE LONG TEE WITH THUMBHOLES, P750, MNLA; DARK GREEN JOGGER PANTS, P1,490, UNIQLO; NIKE ROSHE ONE, P3,995

**KUWABARA/PHILIPPE:**  
LIGHT POCKETABLE PARKA, P1,690, UNIQLO; BOX SHIRT, P899, H&M; JOGGING PANTS, P1,995, ADIDAS ESSENTIALS BLUE

**KURAMA/KIRST:**  
RED HOODIE, P1,690, UNIQLO; SHORTS, P995, ADIDAS ESSENTIALS POCKET TEE, P1,695, NIKE; NIKE INTERNATIONALIST, P4,295



**Photography assistant:** Ignacio Gador  
**Styling assistants:** Carla Delos Reyes and Ara  
Nepomuceno  
**Hairstyling:** GeeVee Villagrancia, Iwa Ajinomoto using  
Keira hair extensions by Lynelle  
**Grooming:** Janina Dizon  
**Models:** Joao Pedro of Women's Folio Model  
Management and Inna of LVX Management

Special thanks to  
Mazda Philippines







# ESCAPE

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PHOTOGRAPHY **ARTU NEPOMUCENO**

STYLING BY **MEG MANZANO**









#### PREVIOUS PAGE

*Inna:*  
Denim jumpsuit, P2,995, Promod;  
Necklace, P549, Sfera; Shades,  
P10,990, Ray-Ban

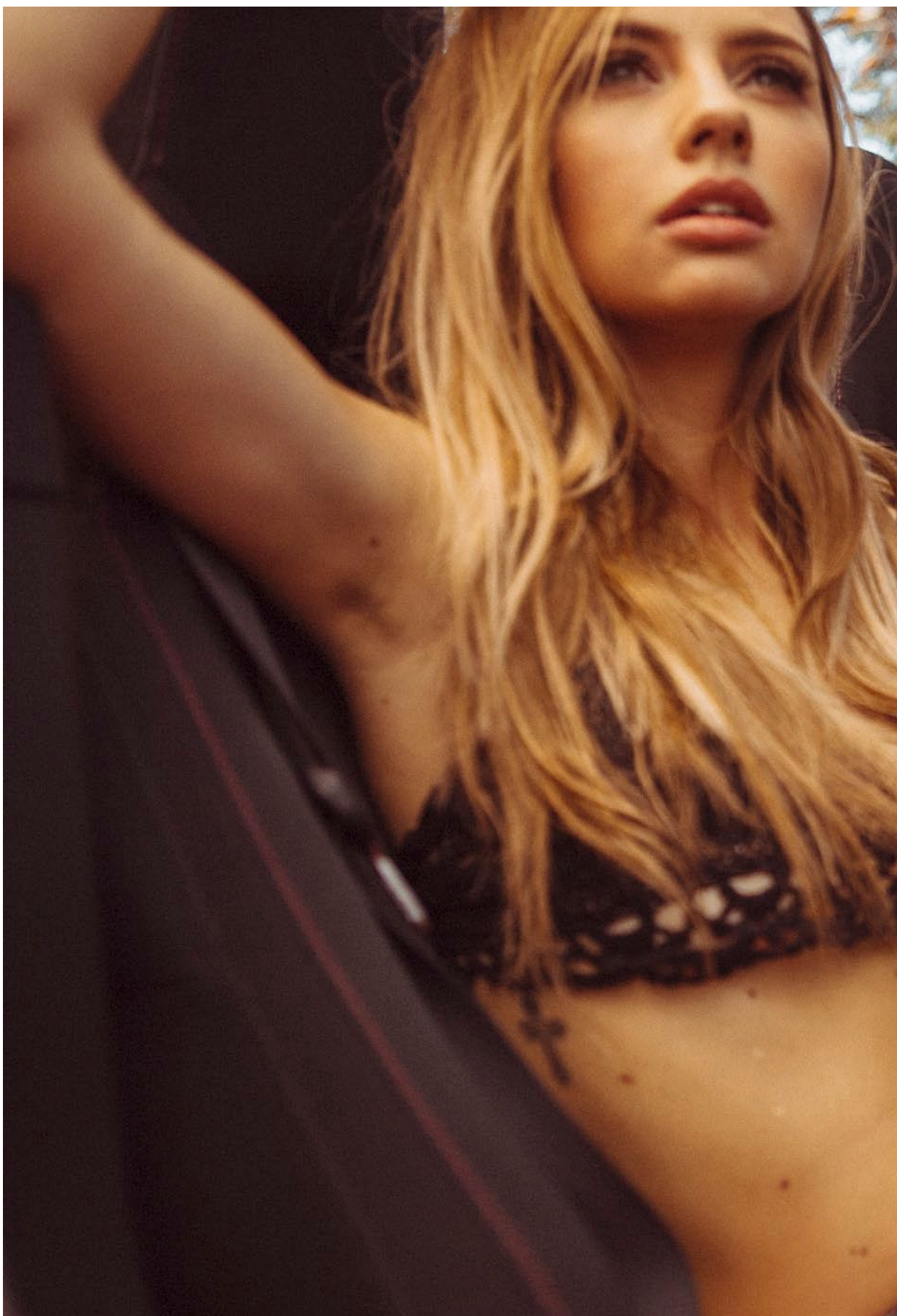
*Pedro:*  
Aviators, P8,990, Ray-Ban; Linen shirt,  
P1,015, Mango Man

#### THIS PAGE

*Pedro:*  
Shirt, P995, Mango Man; Trousers, P2,950,  
Mango Man; Jacket, P1,945, F21;  
Boots, P1,450, F21

*Inna:*  
Top, P495, Copper; Shorts, P2,795, Mango;  
Necklace, P795, Promod,  
Shades, P1,250, Zara





***Inna:***  
Bralette, P590,  
Beetroot; Pants,  
P1,495, Mango  
***Pedro:***  
Jacket, P4,995,  
Mango Man;  
Trousers, P2,950,  
Mango Man












A full-page fashion photograph of a young man with dark, slicked-back hair, looking down and to his left. He is wearing a maroon button-down shirt with two chest pockets and tan trousers. He is standing in a field of tall, dry, golden-brown grass. The lighting is warm and natural, suggesting late afternoon or early morning. The background is a dense field of similar grass, creating a textured, bokeh-like effect.

**Inna:**  
Suit, P895, K8 Los  
Angeles; Boots,  
P2,199, Sfera;  
Clubmasters,  
Ray-Ban

**Pedro:**  
Trousers, P2,995,  
Mango Man; Top,  
P1,015, F21



Shirt, P795, Mango  
Man; Trousers,  
P2,495, Mango  
Man; Shoes,  
P3,250, Converse





# MONSTER RX 93.1





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# boost

**LIFE ON THE  
UPSWING**

Edited by **CECILE JUSI-BALTASAR**  
cecilejbaltasar@gmail.com

**FOOD**

## Age matters

HOW TIME WORKS  
TO CREATE  
GASTRO DELIGHTS

Words  
**CAM ARCILLA**

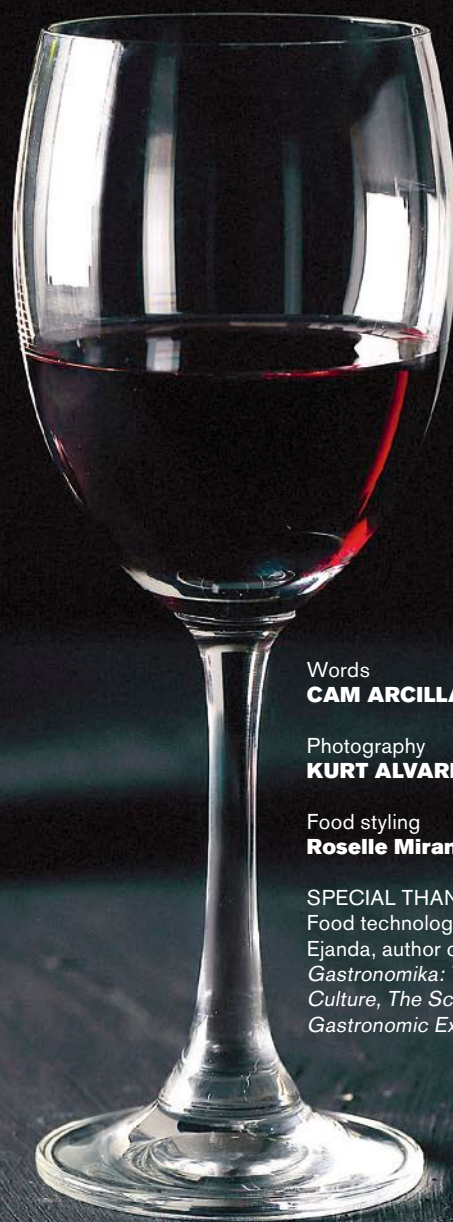
Photography  
**KURT ALVAREZ**

Food styling  
**Roselle Miranda**

SPECIAL THANKS TO:  
Food technologist, Vic  
Ejanda, author of *Kuisina  
Gastronomika: The  
Culture, The Science, The  
Gastronomic Experience*



That slab of steak you're scarfing down with a glass of red wine (or, more realistically, a cold bottle of beer) put in a whole lot of waiting time before being served. Read on, so you'll know what your meal had to go through to make it to your table in all its scrumptious glory.





## WINE

Contrary to popular belief, not all wines should be left gathering cobwebs in your wine rack.

**Examples:** Cabernet Sauvignon, Chardonnay, Merlot, Pinot Noir, Riesling, Sauvignon Blanc, Zinfandel

**Aging process:** Malolactic fermentation converts the malic acid (that tart taste present in grapes) to a softer-tasting lactic acid. If the process lasts longer than expected, it could lead to higher levels of acidity, making the wine

taste more like vinegar.  
**The perfect aging period:** Three to nine weeks

**Signs of good aging:** Good wines are measured by their composition, such as the comparison of profiles and appearance. Usually, well-aged red

wines should be a dark shade of red, owing to the color of grapes.

**Shelf life:** Four to six months after the bottle has been opened

**Signs of spoilage:** Off-color, cloudy, has a bready, buttery smell

### BAGOONG

Bagoong is partially fermented fish, while *bagoong alamang* is made of shrimp. A longer fermentation process will produce *patis*.

### ATSARA

Pickled papaya

### SOLID

Lactic fermentation allows bacteria to grow on milk, producing enough acid that will reduce the pH of milk. This makes the proteins coagulate, forming a solid material.

### YOGURT

### KIMCHI

### BLUE CHEESE

is blue because of molds like *Penicillium Roqueforti* or *Penicillium Glaucum* that grow in large amounts in milk.

## FERMENTED CHEESE

A wine party wouldn't be complete without the cheese.

**Examples:** Cheddar, white cheese, blue cheese, mozzarella, cream cheese

**Aging process:** "Lactic acid fermentation is the ability of lactic acid bacteria to grow on milk, making it solid," says author and food technologist Vic Ejanda.

**The perfect aging period:** Cheese made from raw milk must be aged for at least 60 days.

**Signs of good aging:** It's acrid, aromatic, and has a harsh taste and smell—or it could also be heavenly, depending on the level of your cheese fetish.

**Shelf life:** One to three months in the fridge at four degrees Celsius

**Signs of spoilage:** Off-odor, formation of molds on the surface

## PICKLED VEGETABLES

You can actually pickle things that aren't a pickle.

**Examples:** Pickles, sauerkraut, kimchi, *burong mangga*

**Aging process:** Salt fermentation preserves food items in the acid produced by certain microbes that grow in a brine solution.

**The perfect aging period:** Three to five weeks, in 21 to 24 degrees Celsius

**Signs of good aging:** Soft texture, distinct taste, pleasantly sour, softly crunchy with a characteristic fermented aroma

**Shelf life:** Within two hours, if you expose it to ambient temperature

**Signs of spoilage:** Formation of slime, foul odor, and a moldy taste





## FERMENTED FISH PASTE

In all its stinky glory.

**Example:** *Bagoong, bagoong alamang* (for shrimp)

**Aging process:** Salt fermentation combines fish and salt in equal parts, which are mixed uniformly by hand. The whole mixture is then poured into earthen fermentation jars.

**The perfect aging period:** The jars are covered for 30 to 90 days with occasional stirring to make sure that the salt is spread evenly.

**Signs of good aging:**

Soft texture, pleasantly strong fermented aroma, salty in taste

**Shelf life:** Within two hours after a jar is opened, and left open

**Signs of spoilage:**

Formation of slime, moldy, off-color, foul odor, acidic taste

## YOGURT

Some diet trends consider yogurt as a meal replacement.

**Examples:** Greek yogurt, probiotic yogurt

**Aging process:** Lactic acid fermentation is the action of lactic acid bacteria, usually with the strain of *Lactobacillus bulgarius* and *Streptococcus thermophilus*. Milk is heated, homogenized, then cooled to allow the addition of said bacteria.

**The perfect aging period:** From 24 to 48 hours

**Signs of good aging:** Consistency in texture, pleasantly acidic, distinct aroma and flavor

**Shelf life:** One to three weeks in the refrigerator; one to two months in the freezer

**Signs of spoilage:** Sour taste, off-color, off-odor, moldy or with brown or green spots

## BEER

Brewing your next pint isn't as easy as storing it in your belly.

**Examples:** Ginger ale, stout, lager, dry, pilsen  
**Aging process:** According to Ejanda, you need to control how much yeast and oxygen go in, the temperature in and around it, and the correct yeast-wort mixing (wort: the infusion of malt before fermentation)

**The perfect aging period:** 10 to 360 days, depending on the preferred flavor. Store in a cool, dark place.

**Signs of good aging:** High-alcohol beers age better and produce a distinct and aromatic flavor.

**Shelf life:** Between 90 and 120 days

**Signs of spoilage:** Has a cloudy, slimy consistency with a sour or acidic flavor

## DRY-AGED MEAT CUTS

Yes, those forgotten cold meat cuts on your fridge may have hope—but not for long.

**Examples:** Grilled dry-aged steak, salt and pepper dry aged rib eye, pan-sautéed dry-aged T-bone steak

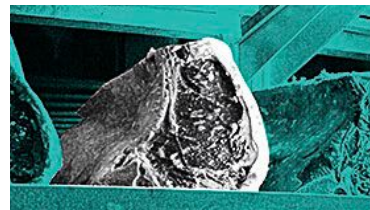
**Aging process:** "Dry aging allows proteins and fats to concentrate and with the reaction of certain enzymes," says Ejanda

**The perfect aging period:** At least a week up to six months.

**Signs of good aging:** Dark red or reddish-brown in color, still looking fresh but not watery and firm.

**Shelf life:** Three to five days in the refrigerator at four degrees Celsius or one month in the freezer at -18 degrees Celsius.

**Signs of spoilage:** Surface slime, foul odor







Instant beast mode

## FITNESS

# The demigod workout

ARE YOU READY TO SWEAT IT OUT AND BECOME A DEITY?

All those who are sick of their soft arms, love handles, weak legs, and missing six-packs, raise your hand. You've got work to do. There are five exercises you can do that can raise your status from Weakling to Beast. But before you get it on, make sure you've got all the other areas covered: eat less meat and more vegetables and fruits, get at least six hours of sleep, use a deodorant made for intense workouts, such as **Belo Men Clinical Strength Anti-Perspirant Deodorant**, so you don't repel the ladies, and quit complaining about every little thing.



### PUSH-UPS: TO GET RID OF YOUR MAN BOOBS

Regular push-ups will strengthen your chest, shoulders, and triceps.

**How to do it:** Assume your plank position, but this time, let your hands and toes support your weight. Keeping your elbows close to your body and your back straight, your feet hip-width apart, inhale and lower yourself until your chest is close to the floor. Pause for a heartbeat then go back to your starting position, exhaling. Contract your core with each push-up.



### BOX JUMPS: DEVELOPS LEG POWER

Box jumps are actually just a fancy way of warming up; but in the process of getting your heart pumping, they do tone your leg muscles, too.

**How to do it:** Stand in front of a knee-high box, but not

too close to it that you'll bump into it as you jump. Bend your knees slightly, swing back your arms, and with both feet, jump up on the box. Land on the balls of your feet with your knees still slightly bent as in your take-off position. Step down and repeat.



### DEADLIFTS: BUILDS MASS AND STRENGTHENS ALL YOUR MUSCLES

Lifting weights has multiple benefits: it strengthens your muscles especially your core, improves your posture, burns fats, and makes you look mighty impressive.

**How to do it:** Stand before a barbell. Bend your knees, push your hips back, and hold the bar making sure your hands are more than shoulder-width apart. Inhale, push out your chest, squeeze your glutes, and push from your heels to stand straight and pull the barbell up to your hips. Remember to always keep your back straight while also contracting your core.



### THE PLANK: TO GET STRONG ALL OVER

Works on your core, glutes, and back muscles—as long as you do it correctly and regularly.

**How to do it:** On the floor, rest your weight on your forearms and toes. Your body should then make a straight line from your shoulders to your heels. Keep the position for 30 seconds to one minute.



### PULL-UPS: STRENGTHENS YOUR CORE, BICEPS, TRICEPS, AND SHOULDERS

Deadlifts are impressive but pull-ups are even more so. Hello, upper-body strength.

**How to do it:** Hold the pull-up bar with an overhand grip and your hands more than shoulder-width apart. Inhale. Cross your legs by the ankles, contract your core, and exhale slowly while lifting yourself until your head is past the bar and your chest is next to it. Repeat.



S K I L L

# Who invited the ninja to poker night?

Words  
**RON REGIS**

Illustrations  
**BORG SINABAN**

HOW TO BEAT THE CRAP OUT OF YOUR FRIENDS  
IN POKER WITHOUT THEM NOTICING



## THE EXPERT

Ronald "RedAirkson" Regis is a full-time professional poker player and coach. The biggest tourney he's ever competed in had a \$1 million guaranteed prize pool. But he's not too hung up on his game stats—he plays cash games almost exclusively: "Tournaments are the leisure part of the job."





night?

I play and coach poker for a living, and none of my friends had so much as read a poker book. Nobody invites a professional basketball player to a pickup game among out-of-shape cubicle dwellers, so how was I supposed to play at poker

I'm not here to tell you how to win against amateurs—there are too many boring books on the basics of that subject matter. Neither will I teach you how to decimate your friends. I don't want you to rip their heads off and force things down their spines. They are your friends. You want them to have fun. You want them to enjoy giving you their money. So this is what you should do instead:

## STEAL, BUT DON'T SCALP



Let me make it clear: **Don't scalp your friends, just take a few hairs.** Steal their handkerchiefs, but let them keep the shirts on their backs.

While we're at it, let me also summarize those poker books for you: don't play garbage hands, don't play unless you are last to act, stay out of multiway pots, bet and raise when you have it, fold when you don't.



## WIN QUIETLY

Here's what you do when you win a pot: shut your mouth and do not open it again until the next hand has been dealt and concluded. If someone calls you a lucky son of a dog, just agree. If someone says you absolutely suck, maybe you can say "like a vacuum cleaner" or maybe you can just smile and take it like an elbow to the ribs. You don't apologize. You don't tell them what they did wrong. You don't make a list of the things you will buy with their money.

I like to trash talk when I score on an athletic 20-year-old kid in basketball. I like to tell that person he just got owned by somebody twice his age who can't even touch his own toes. Sometimes I tell him to invite his mother for the next game.

There is no room for that in poker night. Trash talking works when you are needling someone who is clearly expected to have more ability than you. At the poker table—especially if you are the identified pro—you have to let them do all the talking.



to



### Don't talk trash. Talk shop.

Wait, I don't want you to put your shades, headphones, and hoodie on either. "Don't talk trash" doesn't mean "don't talk at all."

Poker night is a gathering of friends. Your intent to take their rent money is your dirty little secret. So talk about everything else and have fun first. Tell a long anecdote to mask the length of time you've spent folding every hand before the flop. Talk about how watching Batman fighting Superman is the new worst thing that ever happened to you—topping that time you fell head-first into a septic tank.

These are your friends, so before you can take their money, you have to be their friend. Friends like giving friends money.

### Give some back.

After a big win, stack up your chips and plan on playing the next few hands, maybe without even looking. I'm not saying you should call a shove with a five and a deuce in your hand. I'm saying loosen it up more than a few notches temporarily, but don't drive a scooter into an oncoming train. Limp in here, call a small raise there. Fold on the flop unless you spike three of a kind or better.

Imagine the pro baller at your basketball quorum taking bad shots every now and then. These "bad shots" are not from half court, and they are not taken with his eyes closed. They are reasonable shots that he nonetheless knows are unlikely to be good. They sort of make up for that one time he dunked on three of you.

You need to do the same thing on the poker table. Make some loose calls with middle pair in small pots and say "I thought I had you" when he shows you the winning hand. Make a hopeless bluff and show them you got caught.

## TOSS THEM SMALL POTS

Again, keep your mouth shut after a win. Instead of being the guy who chucks rebates at his peers, be the guy who makes "mistakes"—the guy who can win a large pot and still get invited next week.

I enclose the word "mistakes" in quotations because they won't actually be mistakes. They are the hands that you don't mind losing, and in fact sometimes play badly on purpose. This is the price of advertising. This is what it takes to create the image of a guy who "ain't that great, after all."





#



to

**Keep costs down.**

Pay taxes with small pots only. Key: SMALL POTS.

So what is a small pot?

Whenever you raise from the button or cutoff on a pure blind-steal, that's a small pot.

When someone opens for a raise and you re-raise

from the blinds with the intention of giving up if you get a call, that's a small pot.

When you limp in, call a flop bet, the turn goes check, and you make a small bluff on the river with little to no hope of winning a showdown, that's a small pot.

When it is an unraised pot and you call someone on the river with a weak hand—aka a bluffcatcher—that's a small pot.

When you raise preflop and make one bet on the flop with the intention of giving up, that's a small pot.

When someone else raises preflop and you call with a small pocket pair, intending to throw it away if you don't flop a set, that's a small pot.

**If it's large, it's yours.**

When you flop a set and get your whole stack in because the other guy has aces, that's a large pot.

When you re-raise preflop with aces and intend to bet all three streets postflop because the other guy never lays down kings and queens, that's a large pot.

When you make your flush and two players made weaker flushes, that's a large pot.

The small pots also happen to be the ones that you might win as often as you lose. The large pots should only happen when you have your opponent dominated. You have it, they have less, and cannot let it go.

**AND THEN THERE WAS A NINJA**

**Small, large...wait, where are the medium pots?**

**Medium pots separate the amateurs from the pros.** I like to call them Ninja pots because they are made and won under the radar.

**Stealth wins.** When you have a big stack of chips and nobody can remember how you won all that money, I know they came from medium pots. And I know you're a Ninja.

**A Ninja floats.** When someone raises preflop, you call. He bets the flop, you call. He checks the turn, you bet. He folds. Medium pot to you.

**A Ninja three-bets.** when someone raises preflop, you re-raise. He calls. You bet the flop, he folds. Medium pot to you.

**A Ninja squeezes.** Someone raises preflop, three people call, and you re-raise it to an uncomfortable amount. When they all fold, medium pot to you.

**THE HOME GAME RECIPE**

Win one large pot. Throw out a few small pots. Sneak in a few medium pots.

If you can get through the night without a large pot, then you've done extremely well. Let the big fishes have all the highlight reels.

Remember, steal his handkerchief, not his shirt. By the time he realizes it is gone, he is more likely to blame himself for losing it somewhere else. This is how Ninjas get invited back to the home game.







There are no bones about it—the once sick man of Asia is alive and kicking. Strong economic fundamentals and robust domestic demand have finally

driven the Philippines out of its funk—and nowhere is this more apparent than in the country's property sector where in Metro Manila alone, over 20 developments are reaching completion this year and adding some pretty interesting skyscrapers to the city skyline.

So no, the time to invest in Philippine property isn't now, it was yesterday—at least as far as property hot spots are concerned. Parking your funds in prime locations like the Makati and Bonifacio Global City central business districts may all be well and good, but if you're looking to do away with heftily priced units and want a higher return in the long run, then hunt for property in places that might not make sense today. If you play the game right, they'll make lots of lucrative sense later on.

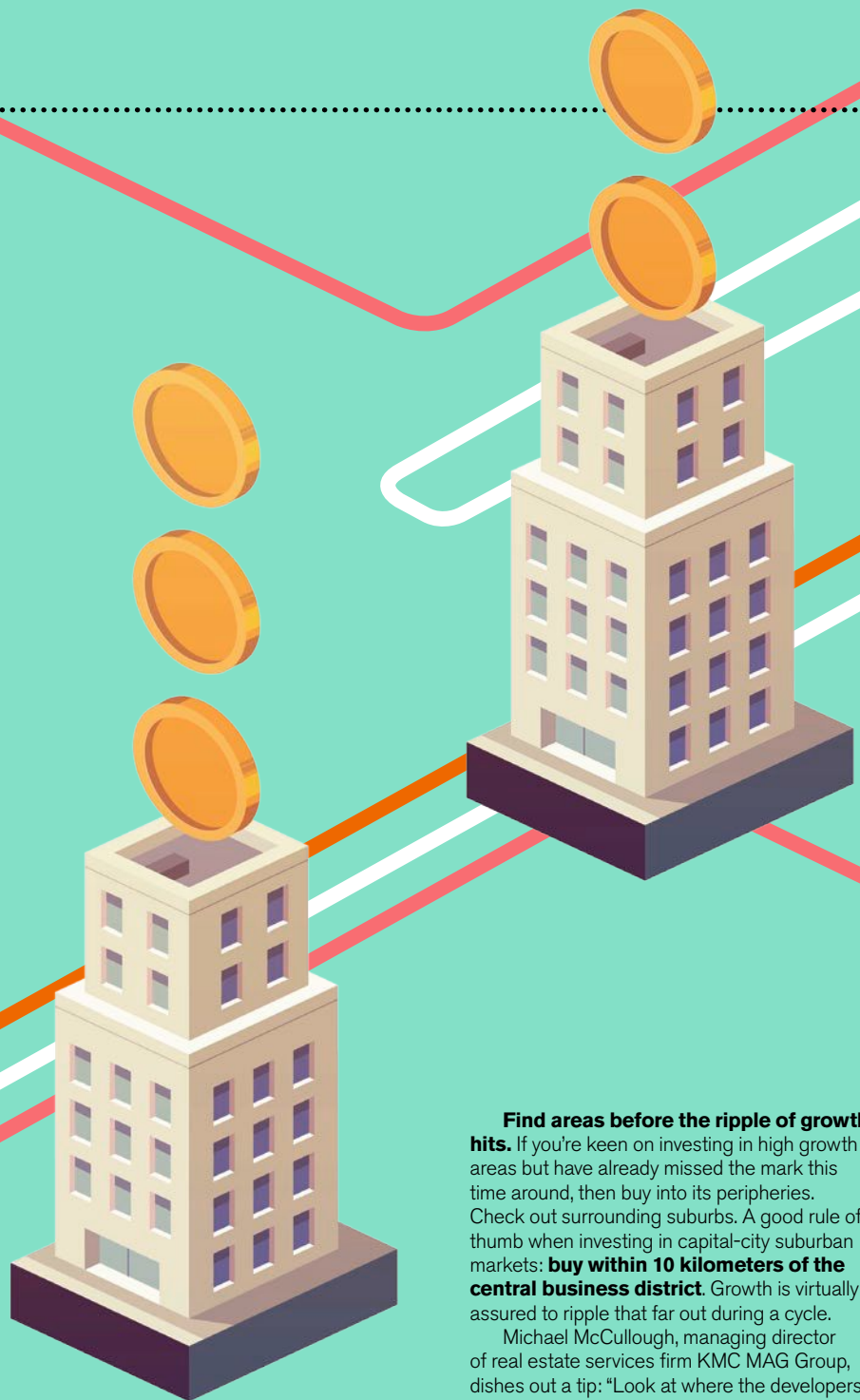
There's good reason why property investors are known for obsessing about the next hot spots. Time your entry well, and you'll see property values grow strongly within a short period of time. The trick is spotting these future growth areas before they've gone up in value and you're forced to buy at the peak. Here's how to cut through the hype...

Words

**TRICIA V. MORENTE**

Illustrations

**JEREMIAH IDANAN**



**I N V E S T**

## Play it like Monopoly

**PROPERTY INVESTING CAN BE A TOUGH NUT TO CRACK. HERE'S HOW TO SPOT FUTURE WINNERS EARLY IN THE GAME...**

**Find areas before the ripple of growth hits.** If you're keen on investing in high growth areas but have already missed the mark this time around, then buy into its peripheries. Check out surrounding suburbs. A good rule of thumb when investing in capital-city suburban markets: **buy within 10 kilometers of the central business district.** Growth is virtually assured to ripple that far out during a cycle.

Michael McCullough, managing director of real estate services firm KMC MAG Group, dishes out a tip: "Look at where the developers like Rockwell are going. They're doing these smaller pocket projects—mini townhouse subdivisions done at Rockwell standards, and managed by Rockwell. It's still the Rockwell brand, it's still an upper-mid to luxury product, but not at Makati Rockwell prices."

**Grab a map and see where big ticket infrastructure projects are going up.** Roads, transport hubs, and other similar infrastructure are good indicators that an area is likely to see a spike in housing, office, and retail demand. Ongoing projects are safest to invest in, as project promises (just like election promises) can easily fall through when governments rotate and budget priorities shift.

"I'd say **check out where the MRT 7 is going to go,**" says McCullough. Currently



## THE TRAINS ARE COMING

The trick is to follow the trains. After a seven-year delay, the P69.3-billion Metro Rail Transit Line 7 (MRT 7) finally broke ground last April. Slated to be completed by 2020, the 22-kilometer elevated railway will have 14 stations from North Edsa to San Jose del Monte, Bulacan. Zero in on these stations and you'll find at least one property development that's worth investing in.

SAN JOSE DEL MONTE BULACAN  
Araneta

SM CITY FAIRVIEW  
Mindanao Ave.  
Quirino  
Sacred Heart

NOVALICHES  
Quirino  
Tala

COMMONWEALTH AVE  
Quezon Memorial Circle  
University Ave.  
Tandang Sora  
Don Antonio  
Batasan  
Manggahan  
Doña Carmen  
Regalado

CONNECTED TO  
MRT 3 VIA SM CITY  
NORTH EDSA  
North Ave.

## DROP PIN HERE

It just might be an investment that'll keep giving

### • PORAC, PAMPANGA

#### Why invest here?

Over a period of 20 years, Ayala Land is pouring in P75 billion for development

**Perks:** Ayala Land Premier, Alveo Land, Avida Land

### • MUNTINLUPA

#### Why invest here?

Big-ticket infrastructure projects are expected to ease travel to the south. Now, high-profile developers like Rockwell subsidiary Rockwell Primaries and Vista Land are eyeing Muntinlupa as their next nest egg.

**Perk:** Avida's South Park District is currently being developed in the area.

### • BACOLOD

#### Why invest here?

Mid-2015 data from real estate finder Lamudi shows Bacolod as one among the most popular cities for online property hunters.

**Perks:** Residential areas being developed by Megaworld; a Capital Central mixed-use development by Ayala Land

### • DAVAO

#### Why invest here?

With a population projected to reach 1.83 million by 2020, Davao ranks sixth and third most searched by online property hunters based in the United States and Saudi Arabia, respectively.

**Perks:** Davao is Southern Philippines' main economic and business center, and it remains largely unsaturated.

under construction, the 22.8-kilometer rail transit line traverses Quezon City and a part of North Caloocan before ending in San Jose del Monte, Bulacan. "See where the stops are along that route. These would be of higher value moving forward into the future," he adds.

Take advantage of Metro Manila's hellish traffic. Says McCullough, "You're going to start seeing more dormitory-type living arrangements become nicer and more affordable. They'll make a lot more sense to look into because as traffic gets worse, corporations are finding their employees burnt out by the two-hour transit back and forth. It's not helping anybody out. Developments like PULS—Philippine Urban Living Solutions—are

currently renting 60 to 100 beds to companies in the BGC area so their employees at least have a crash pad within a 10- to 15-minute walk to the office."

#### If all else fails, follow the hipsters.

Where the fringe goes, gentrification and development tend to follow. This isn't to sound ageist, but suburbs where the median age is around 35 or so tend to gentrify faster—these demographics tend to have better income and are able to afford to buy or rent more expensive properties.

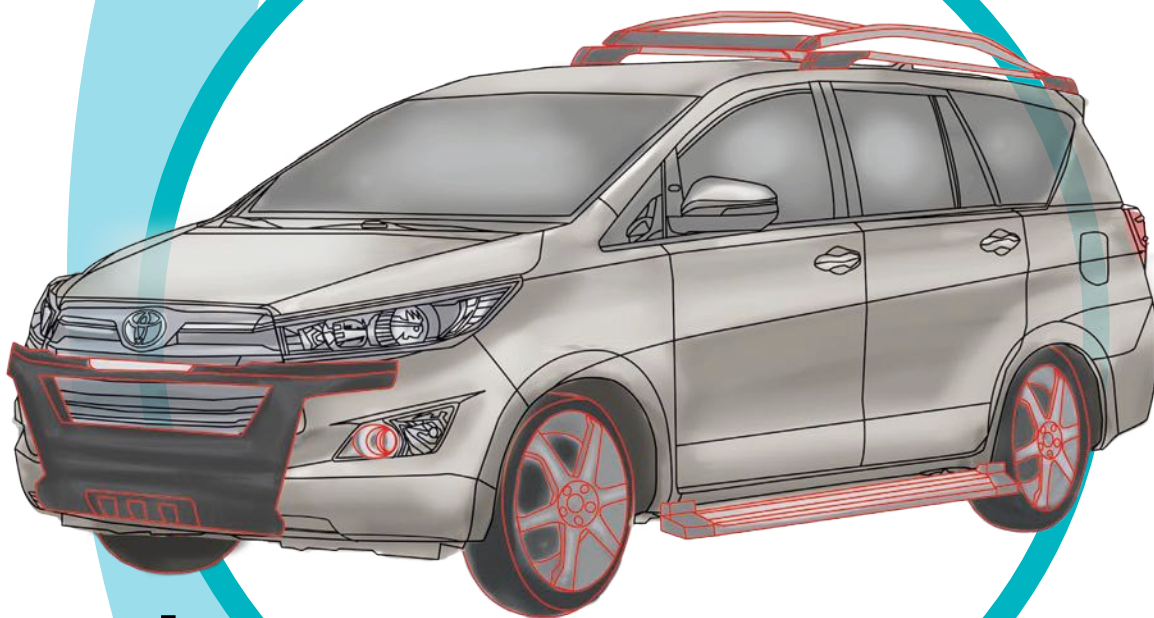
Some tell-tale neighborhood signs: organic weekend markets, food trucks, single origin cafes, speakeasy bars, and men sporting beards.



Right off the the showroom, the cars featured here, all new models—the new 10th gen Honda Civic, Toyota Innova, and Mazda 2—already look to strike. But you will still want to kit them out because that's how you are. We're sure you already have an idea of what to add to your new toy (and probably the budget, too, since you can buy a car) but we'll still do you the favor of drawing up some aftermarket templates so the shopping will be easier.



EDITED BY  
ALLAN P. HERNANDEZ



## Boost your stock

HERE'S HOW YOUR NEW CAR WILL LOOK LIKE IF YOU KIT IT OUT

ILLUSTRATION  
JUAN CARLO MAALA

Our resident car artist **Juan Carlo Maala**, who does regular car illustration work at brother mag *Top Gear Philippines*, imagined the Innova as a sharp all-weather car, which is exactly what it is. His additions are basic yet tasteful. First he slapped on sleek six-spoke 18" rims, then ran a running board for passenger utility as well as to give the illusion that the car is lowered even though it isn't. He completed the kit with a roof rack and bull bar



### TOYOTA INNOVA

**Available Engines:** from 2.0L Gas to 2.8L Diesel

**Transmission:** 5-speed MT and 6-speed AT/ Sequential Control

**Price:** P919,000-P1.247 M

**The Lowdown:** Didn't think we could talk about the Innova in a purely aesthetic sense but here it is, looking absolutely sharp. Now it's no longer just a people mover, it's a style mobile. That front—framed by the new grille and completed with LED lights—looks so sexy we can already imagine the orders Toyota dealers will be taking on this one. Inside, it feels like an executive lounge, not a commuter express—it's well-appointed, with captain seats and luxe illumination. Touchscreen monitors, seatback tables, posh seating—the Innova has gone far beyond being just a utility.



## MAZDA 2

**Available Engine:** SKYACTIV-G  
Inline 4-cylinder DOHC 16 V

**Transmission:** SKYACTIV-  
DRIVE 6-speed AT/Sport mode

**Price:** Starts at P748,000

**The Lowdown:** This small car is an overachiever. It's the 2015 car of the year in the Philippines. It's also 2015 Car of the Year in Japan, which is the biggest deal. If you get the Premium Series this year, you don't even need upgrades because it's all there, including body kits. But you're anal, so you have to do things yourself...

The inspiration here is the rally car. The chin and sideskirts look like those found in the Midnight Edition of the Premium Series, but you also have mudguards. This one has

17" rims; Mazda kitted out the Premium in 15". The decal puts more zoom-zoom. The tow hook is there to...well, we just like it there.



## HONDA CIVIC

**Available Engines:** 2.5L or  
2.8L DOHC Duramax Diesel

**Transmission:** MT and AT  
available in 4x2 and 4x4

**Price:** Starts at P1,148,000

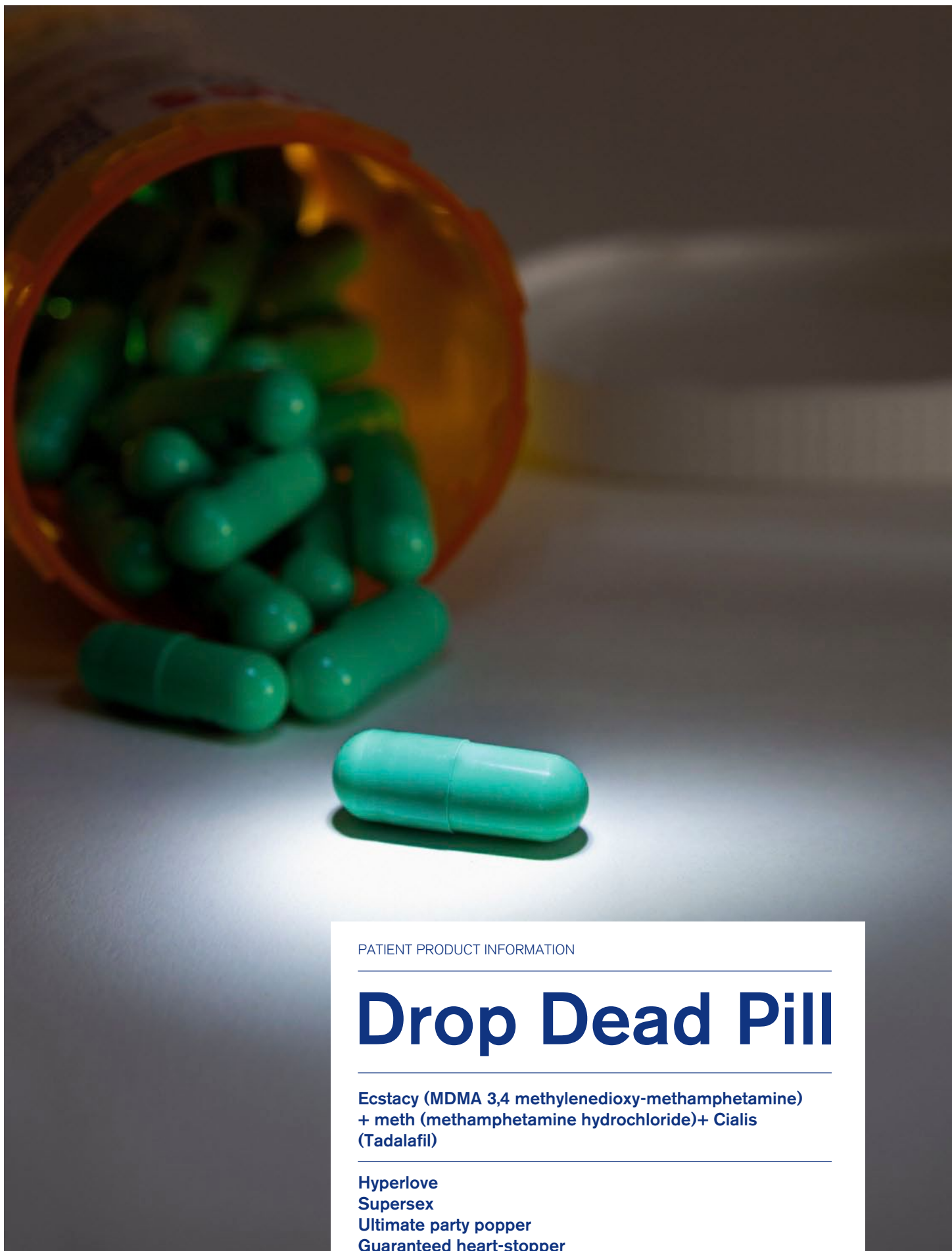
**The Lowdown:** Oh yes, the 10th gen Honda Civic is finally unveiled and it totally writes out the previous generation and its lack of passion. This one is oozing with passion. The thing about Civics is that we've always regarded it as a paragon in aftermarket tweaking, but it hasn't been consistent in its design. One generation it's future-forward, the next it's staid (see 7th gen). The 10th gen Civic, although sharp from the get-go, is a car that begs to be upgraded.

bumper chin and wing spoiler, and threw in racing seats to round out the experience. That's it. Job done.

We designed this for the streets and the gaming generation, so it has to look the part. We begin with the 16" rims, complete the sculpture with a front







PATIENT PRODUCT INFORMATION

# Drop Dead Pill

Ecstasy (MDMA 3,4 methylenedioxy-methamphetamine)  
+ meth (methamphetamine hydrochloride)+ Cialis  
(Tadalafil)

Hyperlove  
Supersex  
Ultimate party popper  
Guaranteed heart-stopper



The all-new **MONTERO SPORT**

"Using the new Dynamic Shield front fascia design, it looks more like a concept car rather than a production vehicle."

- Ulysses Ang  
The Philippine Star  
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The all-new Montero Sport's aggressive styling is a pure head-turner. Sexy angles, sharp character lines and aerodynamic design are all anchored by the very impressive-looking Dynamic Shield Concept fascia. It is a design that suggests power, performance and protection.

### New Features



Spacious and sophisticated interior



New 2.4L Clean Diesel engine with Mitsubishi Innovative Valve timing Electronic Control (MIVEC) system



New 8-speed Automatic Transmission with Sports Mode (A/T variants)



Super Select 4WD-II (4x4 variants) with Offroad Mode (GT)



Tube-type LED Tail Lamp



LED Headlamps and Daytime Running Lights (DRL) (GT, GLS 4x4, & GLS Premium)



Power Tilt and Slide Sunroof (GT)



Blind Spot Warning (BSW) system (GT)



Forward Collision Mitigation (FCM) system (GT)



Hill Descent Control (GT)

### Engineered Excitement



Find out more at  
[www.newmonterosport.ph](http://www.newmonterosport.ph)

Download the Montero Sport app now!



The all-new Montero Sport is available in the following variants: GT 4x4 8-speed A/T, GLS 4x4 6-speed M/T, GLS Premium 4x2 8-speed A/T, and GLS 4x2 8-speed A/T.

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